



Hypnobirthing @ Harrogate

Thank you for enquiring about the Hypnobirthing @ Harrogate course. We hope that you find the information below helpful. Should you need any more information, please get in touch – see details below.

What is Hypnobirthing?

Hypnobirthing is an approach to birth that uses breathing exercises, relaxation techniques and self-hypnosis. The aim is to help you and your partner to approach your baby's birth with confidence and to give you the tools that can help you both to remain calm and in control whatever path your birthing takes.

How is the Hypnobirthing @ Harrogate course run?

The course is run by experienced NHS midwives who work at Harrogate District Hospital. Each hypnobirthing midwife has undertaken a course in hypnobirthing. Group sizes are small which enables lots of interaction with other parents-to-be. We run two courses per month and each course is held over one Saturday 9.30am – 4.30pm. A charge of £110 per couple is applied. This covers the teaching session, a Hypnobirthing book and CD, a course pack and any follow up support that you may need.

When should I attend?

Whilst there is no specific gestation that you should attend, we recommend that anywhere between 28-36 weeks gestation would be most appropriate. This would give you sufficient time after the course to practice everything you have learnt in preparation for your birthing.

What have mums and partners most enjoyed about the course?

- Small, interactive groups
- The relaxed environment
- Learning relaxation and breathing exercises
- Practicing massage techniques
- Easy to understand information from knowledgeable midwives
- Learning more about birth and how it 'works'
- How to stay calm and in control whatever path your birth takes
- That the course is delivered by NHS midwives

Testimonials

“Our whole experience has been so positive... I feel all the work and preparation invested beforehand really paid off. I feel we have given our daughter the best possible birth” (first time mum)

“We can only sing the praises of Hypnobirthing....despite intervention you can still get a very good positive experience” (first time mum)

“As a Dad I felt I really understood more about the process and had a 'role' to do during labour” (first time dad)

“I wish I had known about hypnobirthing last time - this time I got the calm water birth I wanted” (second time mum)

“I would recommend this course to anyone...it meant I approached my due date with a more positive mind set and I thoroughly believe Hypnobirthing contributed to my 6 hour, calm labour without any pain relief” (first time mum - home birth)

How do I find out more information or book a place on the course?

Please contact Kathy McClune & Rachel Robson on hypnobirthing@hdft.nhs.uk