

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 & Emma Nelson on hypnobirthing@hdfn.nhs.uk or call 01423 542212