



## BIRTH PREPARATION PLAN

This course has been designed to introduce partners to all the work expectant mums have been doing in pregnancy yoga to help prepare for the birth of their baby. It is also aimed at giving birthing partners all the tools needed to be a wonderful support to the birthing woman and child.

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1. Expectations and fears concerning birth – discussion
2. The ideal birth- what would it mean for you?
3. Breathing fully – an exploration of the breathing techniques that are vital during labour.
4. The onset of labour, when do we go to hospital/call the midwife?
5. Birthing pools and other labour aids.
6. The different stages of labour – breathing, moving and sounding to help mother and baby.
7. What can I do to help? Tips for birth partners: breathing, massage and encouragement
8. Labour and birth positions
9. Birth plans: becoming aware of your choices and routine interventions.
10. Creating a safe and peaceful atmosphere for labour and birth at home and in hospital.
11. When things don't go to plan: relaxing and letting go.
12. Once baby is born! Recovery for mum, establishing breastfeeding, homeopathic remedies, cranial osteopaths, Neways.
13. Deep relaxation focusing on birth.

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