



mystri
MUMMIA

bump • birth



baby • beyond



supporting you to feel confident and
make informed choices that are
right for your body, birth and birth

our happy birthing
WANT TO

Thank you

FROM OUR FAMILY TO YOURS

confident ● empowered  informed ● prepared

Thank you for choosing Mystri Mumma to support you in your birthing journey. I will be teaching you the Calm Births Hypnobirthing course which is accredited by the Royal College of Midwives.

The course is split over 4 sessions. Each week we will focus on different subject matters, watch/ read to positive birth videos, practice breathing techniques and relaxations, and you will be given information about different birthing journey's so you are equipped to make informed choices for your body, birth and baby. Please feel free to ask questions, make notes during the class and even to contact me via telephone, WhatsApp, text or email if you require any further information or support. My role is to support you both and your birthing journey as much as I can. If I do not know the answer, I will seek guidance and come back to you.

Remember: there is never a silly question.

Please remember that I will be giving you the tools, techniques, information and resources as part of the course. In order for this all to work, you must also follow through with practicing and following up with the homework set. It's a joint effort.

I cannot wait to get you started on your birthing journey!

pooja xo



DISCLAIMER

This workbook is designed to provide helpful information to prepare you and your birth partner in your pregnancy, labour and birthing journey.

The information & resources provided by Mystri Mumma are for general informational purposes only. All information is provided in good faith to support your journey. Mystri Mumma always recommends you complete thorough research and gain more information about your individual circumstance before making any choices for your labour/ birth.

Mystri Mumma will not offer any clinical advice, any advice given is anecdotal. Any medical advice must be sought by The Client (you) from a relevant medical professional. Mystri Mumma holds no responsibility for the outcome of your labour/ birth.

© Mystri Mumma holds full rights to this Manual.

NO copies to be made or distributed without the knowledge or consent of Mystri Mumma under any circumstances

how to use YOUR MANUAL



This manual is for your reference. It is a breakdown of the Calm Births Hypnobirthing book you received as part of the course materials. The manual will give you an understanding of what we discuss in class and a great reference point for you in the future, should you forget anything (that doesn't mean you can't contact me for clarity- please do if you need to!)

Open Boxes

Please use this space to write down what you are feeling. It's like a journal.

Discussions

Please follow the questions in the manual and write down your responses so you can bring them to class. It's an interactive course so the more you bring, the more you take away.

Relaxations

I have given you a shortened script of the relaxations (full tracks available on the "Family Page" to be downloaded). These scripts are for your birth partner to read to you should you wish to use them as so. NO copies of the scripts should be made or distributed.

Calm Births Hypnobirthing and Mystri Mumma hold rights to the scripts.

Brain Dump/ Notes

At the end of each section there are some pages where you can make notes and brain dumps for any anxieties. Please feel free to use this as you please.

Birth Video's

We will discuss the video's in class and there will be comments and spaces for you to make notes in your manual about them. Please use your notes to reflect on the videos as we can sometimes forget what we discuss in class.

Homework

Unfortunately I do not have a magic ball to foresee your birthing journey nor do I have a magic wand to make everything "perfect". My role is not to do that anyway. My role is to give you all the information and so you understand the different stages and option; thus be able to make the right choice for your birthing journey. In order for everything to make sense and stay fresh, you need to complete the homework set and continue to practice after the course has finished. I give you the tools- you must implement them.

Appendix

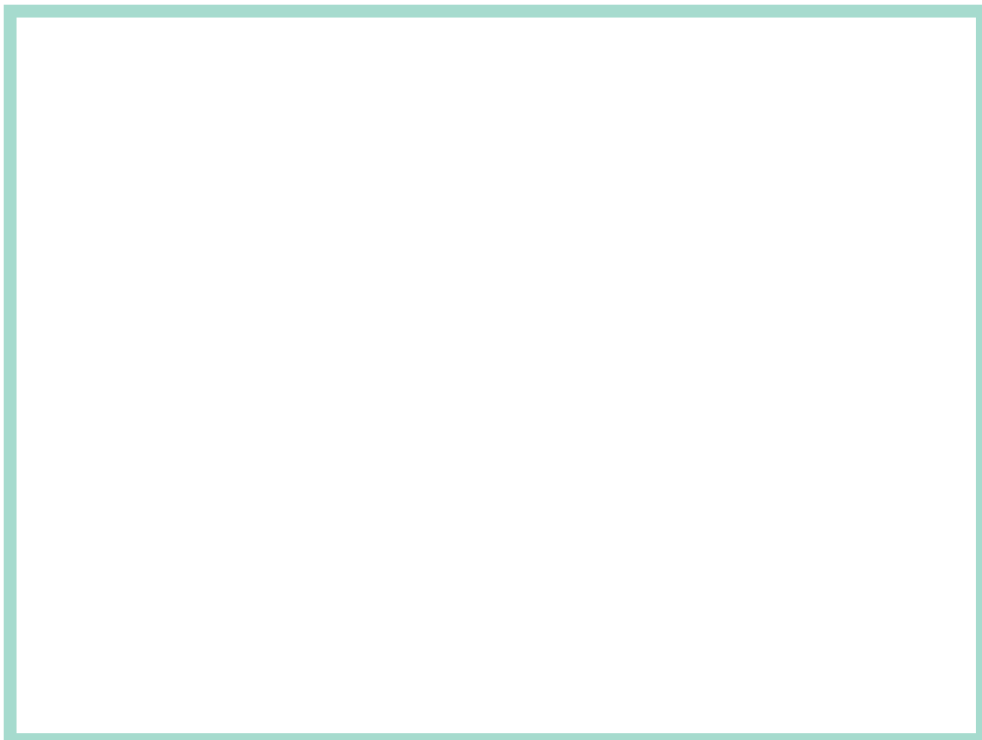
The Appendix has all the small bits you need to help you along in your journey. Please use these as you need.

Our FEELINGS

What words and emotions comes to mind when you hear labour & birth?



What our ideal birth would look like...



mindset EFFECT

DISCUSSION:

What happens when we feel frightened, stressed or anxious?

.....

.....

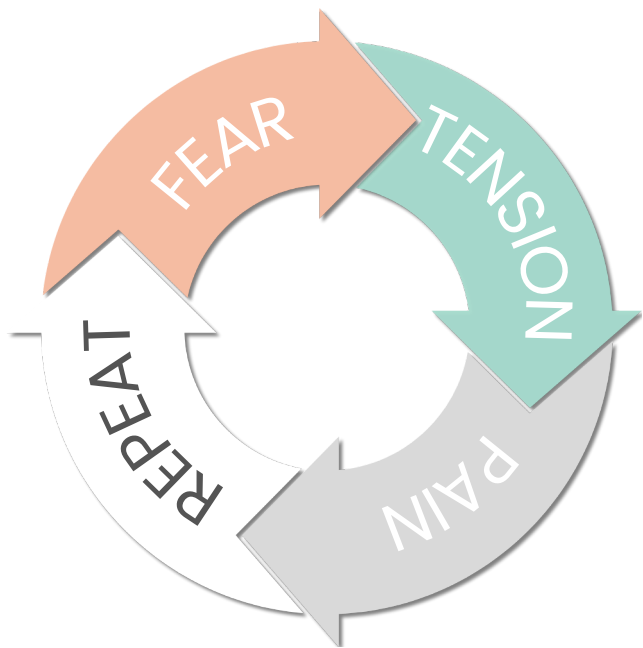
.....

.....

.....

When we enter the freeze/ flight/ fight mode, oxygenated blood is immediately sent to our vital organs, and to our arms and legs to help us run away. Sadly, our baby is neither of these, so gets less oxygen straight away which is demonstrated by their heart rate and seen as foetal distress.

The other job of adrenaline is to constrict the muscles to enable you to fight. So that lovely flow of muscle movement creating the surges becomes constricted and ineffective, meaning that the cervix can't open, and that tension in the muscles hurts Mum.



Therefore if this is happening during labour:

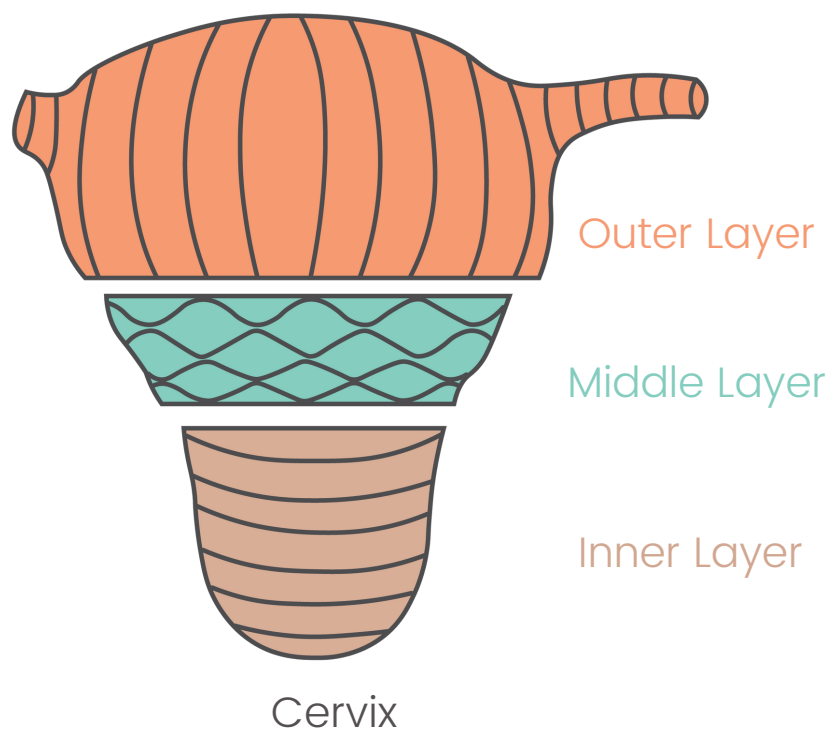
- Baby potentially becomes distressed
- The surges are ineffective (because of the muscle constriction)
- The cervix therefore cannot dilate efficiently

This becomes painful as the muscles are trying to work but are being constricted, which in turn is frightening, which triggers further adrenalin release and so we enter the negative cycle.



uterine MUSCLES

The outer muscles draw down and overlap the inner muscles, and then draws them up and away the cervix. They will stay there, whilst applying pressure to the top of the uterus as they're drawn up, for approximately 60 seconds in established labour. In that time, the cervix will be free to shorten, then thin and eventually open (dilate) as the baby is nudged down. The cervix opens out completely leaving a space of approximately 10cms, which by complete design is the same is the same diameter of your baby's head (or bottom).



PING PONG BALLOON EXERCISE:

This replicates the uterus, the baby inside and the closed, long cervix. The closed cervix is thin and long, and you will see how much work it needs to do before it even begins to open.

Now if you remember, whilst those outer muscles are lifting the inner muscles they are putting pressure on the top of the uterus.

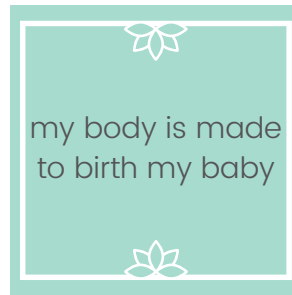
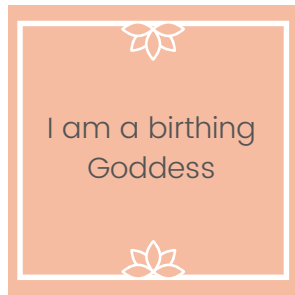
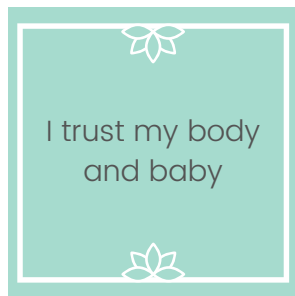
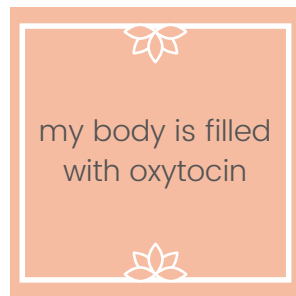
So we can replicate that with our balloon to see what happens to the cervix. As you squeeze and release the top of the balloon, it shortens, thins and then begins to open. Now you can see your baby's head!

This is why it's more common to refer to contractions as surges now, as it's a surge of hormones encouraging the body to open. 'Contraction' conjures up images of tightening and closing, which is not what we want.

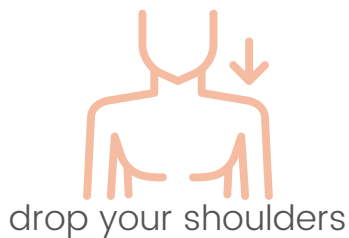


power of AFFIRMATIONS

If a message is repeated often enough to the conscious mind, the subconscious will eventually accept it as the truth. You are listening to your affirmations each day to replace any negative suggestions with positive ones.



power of BREATHING



birthing MUMMA

Posture

Your posture during pregnancy directly affects the position of your baby for birth, and therefore the ease with which they will enter the world. (please use your UFO cards)

Pelvic Floor

The pelvic floor muscle basically acts like a hammock supporting your bladder, vagina and rectum. It's what keeps you from being incontinent and from having a vaginal prolapse.

Perineal Massage

This massage is best done after 34 weeks and helps to loosen the muscles near your perineum, reducing the chances of tearing.

Packing Bags

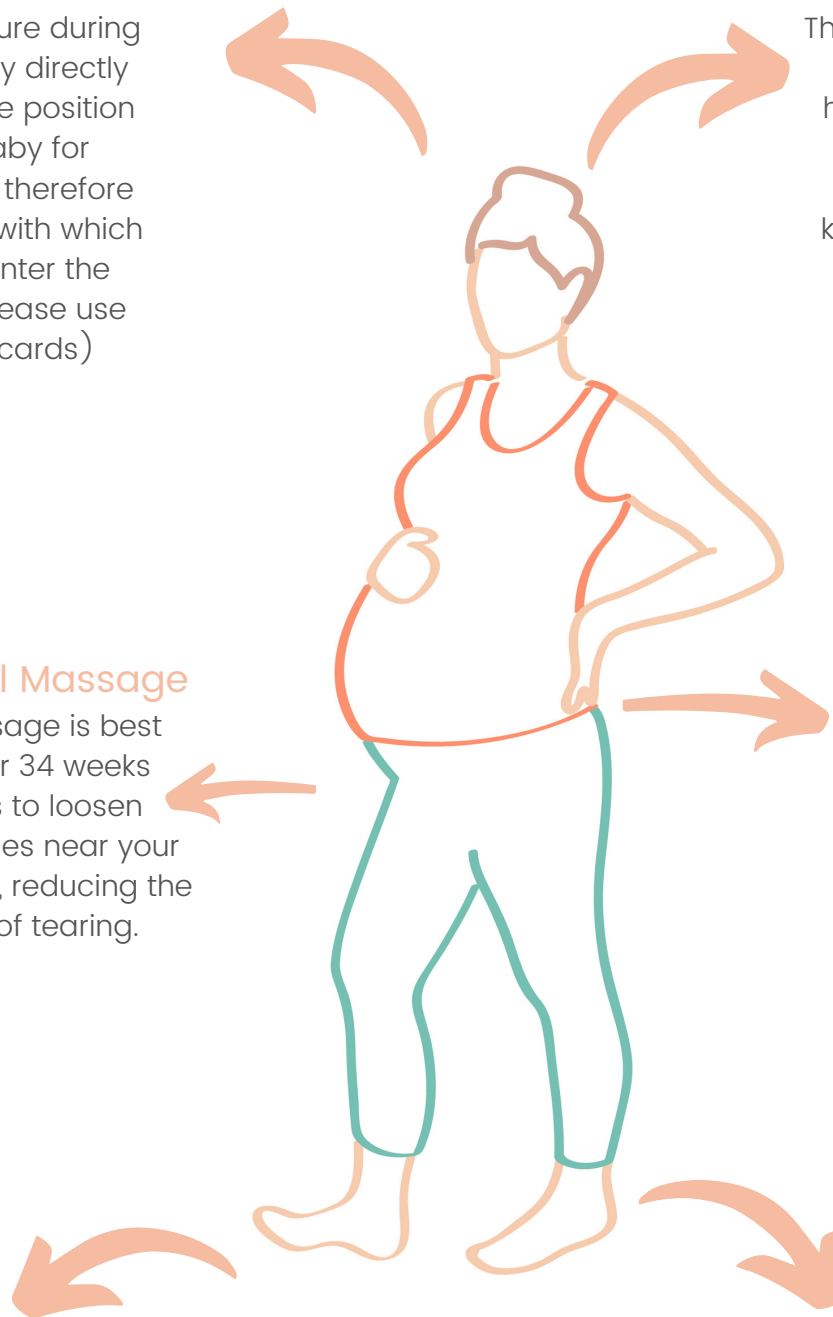
I've dropped all the essentials in a list for you.

Nutrition

Certain foods and drinks can help you during labour and birth. With the right energy you can help your body and baby.

Communication

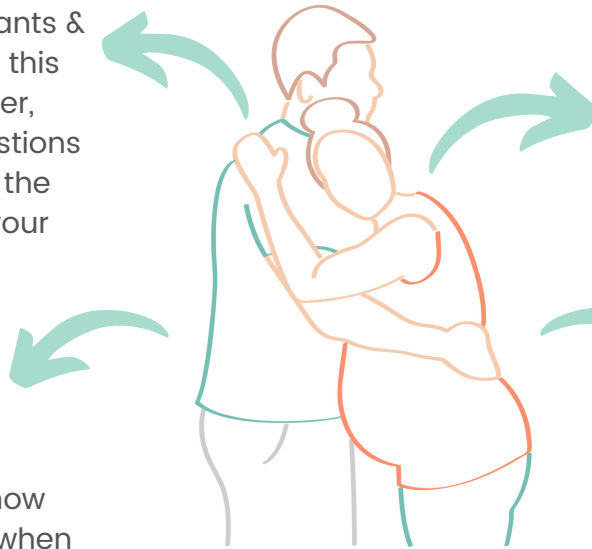
Talk to your birth partner about your feelings and preferences and write your birth plan together.



power of PARTNERSHIP

Advocate

Know what she wants & needs and create this environment for her,
Ask the right questions to help you make the right choices for your birthing journey.



Build Oxytocin

Kiss, Affirm and massage her.
Areola stimulation can also help.

Packing Bags

Be involved in the process so you know where things are when needed! Also pack your own.

Communication

Talk to your birth partner about your feelings and preferences and write your birth plan together.



home vs HOSPITAL

What is available?	Home	Hospital
Gas & Air	<input type="checkbox"/>	<input type="checkbox"/>
Tens Machine	<input type="checkbox"/>	<input type="checkbox"/>
Pethadine	<input type="checkbox"/>	<input type="checkbox"/>
Epidural	<input type="checkbox"/>	<input type="checkbox"/>
Ventouse/ Forceps	<input type="checkbox"/>	<input type="checkbox"/>
Caesarean Birth	<input type="checkbox"/>	<input type="checkbox"/>
Midwife	<input type="checkbox"/>	<input type="checkbox"/>
Birth Pool	<input type="checkbox"/>	<input type="checkbox"/>
Birth Partner	<input type="checkbox"/>	<input type="checkbox"/>
Children	<input type="checkbox"/>	<input type="checkbox"/>
Pets	<input type="checkbox"/>	<input type="checkbox"/>
Syntocinon/ Syntrometine	<input type="checkbox"/>	<input type="checkbox"/>
Perineum Stitching	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin K	<input type="checkbox"/>	<input type="checkbox"/>



early LABOUR

Signs of early labour...

Cervix dilation

BIRTH PARTNER

NOW:

save the Midwife/
Labour Unit's number in
your phone

EARLY LABOUR:

inform the Midwife/
Labour Unit



What next?

BIRTH PARTNER

NOW:

discuss childcare/ pet
care if appropriate

EARLY LABOUR:

call childcare/ pet care

TIME SURGES



managing LABOUR

How can I manage at home?

BIRTH PARTNER

feed her
keep her hydrated
affirm
massage
listen to her

Tip

Between Surges

Calm Breathing

Light Touch Massage

Keep Hydrated/ Snack

Empty Bladder

Build up Oxytocin

During Surges

Mountain Breathing

Stay Mobile (UFO if possible)

Smile! (Think of baby)

Visualise relaxed place

Focus on anchor

You will be using the mountain breathing (Appendix 9) for a while before you feel you need reassurance of the Midwives or feeling that things are moving quickly.

Now is the time to call. The Midwife will want to talk to Mum, she will be attempting to assess whether Mum needs to be seen yet by listening to her voice.

BIRTH PARTNER

TELL MIDWIFE
YOU ARE
HYPNOBIRTHING!

Tip



labour TRANSITION

Signs of transition...

BIRTH PARTNER
Tip
Remind her
she can do it!

Fully Dilated

A very important fact for you to know is that it can take an hour from being fully dilated to the baby being low enough to trigger the foetal ejection reflex. Remaining upright and mobile is the best thing to do at this time to encourage the baby to descend.

How will it feel?

Once the baby hits that nerve to trigger the FER, Mum will feel much pressure in her bottom, she will feel the body begin to push without her actively doing it. The body takes over at this point- just go with it!

What next?

Use the birth breathing (Appendix 9).

IT'S OK TO POO!



IF YOU NEED IT... DO IT!



stages of LABOUR

It's important to understand no two births are the same. The descriptions below are to be used as a guide only.

EARLY

Dilation: 0-3cm
Surges: 30-40 seconds
Rest: 5- 30 minutes
Duration: 8- 12 hours

ACTIVE

Dilation: 4-7cm
Surges: 45- 60 seconds
Rest: 3- 5 minutes
Duration: 3- 5 hours

TRANSITION

Dilation: 8-10 cm
Surges: 60-90 seconds
Rest: 30 secs- 2 minutes
Duration: 30 mins- 2 hours



home BIRTH

DISCUSSION:

What do you notice the birth mother doing?

.....

.....

.....

.....

.....



DISCUSSION:

What do you notice the birth partner doing?

.....

.....

.....

.....

.....



DISCUSSION:

What do you notice the professional doing?

.....

.....

.....

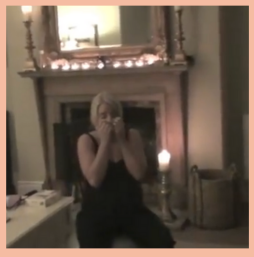
.....

.....



home BIRTH

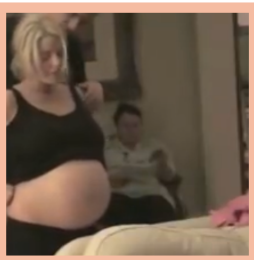
DO NOT USE CASTOR OIL!



The Birthing Mother is moving positions regularly and practicing the deep breathing with each surge she experiences. She is practicing birth ball exercises to help her posture and the birthing journey. She uses Clary Sage oil to help her during labour.



The Birthing Partner is seen to be providing reassurance, reciting affirmations and using light touch massage to help with building the right hormones required for the birthing journey.



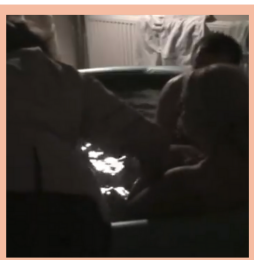
Notice that the Midwife is sat in the background and not interfering unless requested to do so.



The Birthing Partner supports the Birthing Mother when she feels she is unable to continue and uses grounding/ anchoring techniques to help her remain calm.



The Midwife performs a vaginal examination following the request of the Birthing Mother- her wishes are respected!



The Birthing Partner listens to and follows the guidance of the Birthing Mother, supporting her to birth their baby.



debrief SESSION

Something NEW we learnt today...

A large, empty rectangular box with a light orange background, intended for writing notes about something new learned today.

Something that surprised us today...

A large, empty rectangular box with a light teal background, intended for writing notes about something that surprised the group today.

Something we will take away with us today...

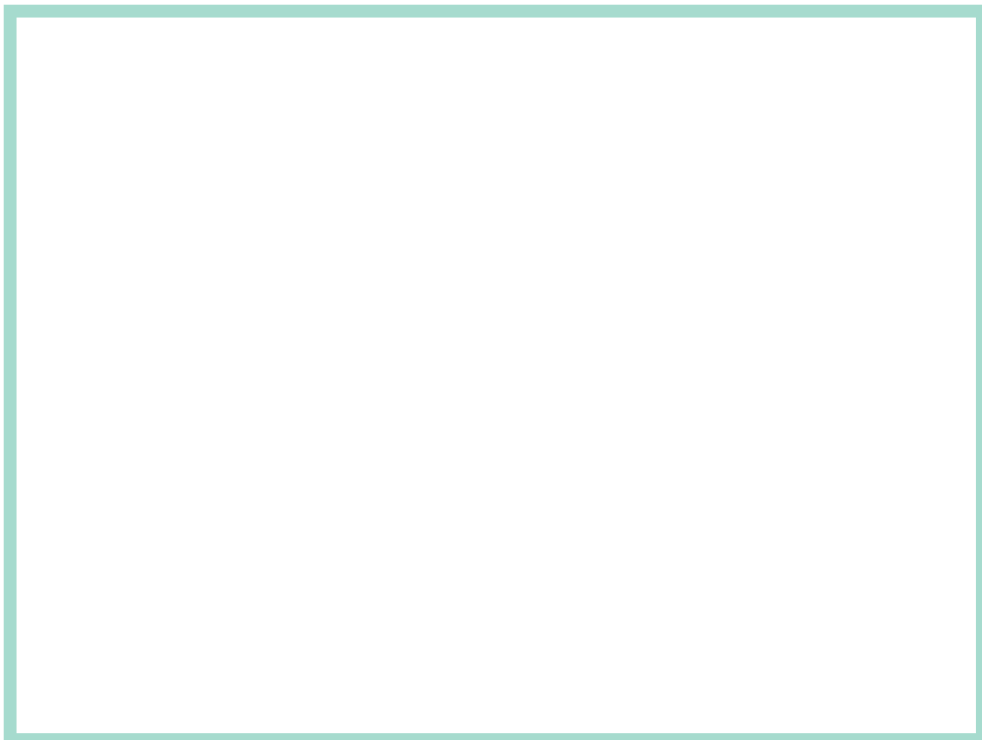
A large, empty rectangular box with a light grey background, intended for writing notes about something to be taken away from the session.

our FEELINGS

What words and emotions comes to mind when you hear labour & birth?



What our ideal birth would look like...



how to write a BIRTH PLAN

Writing a birth plan is important to know what you would like, what alternatives you are happy with and what is a definite no (unless in life-threatening circumstances). Please remember that a birth plan is not set in stone; it can continuously keep changing dependent on the information you have about your birth. It is important to consider all birthing journey's as we cannot foresee your birth so ensure you and your birth partner's preferences are clear and that your birth partner can advocate for you if needed.

There are many ways to write a birth plan. A sectioned plan (as per my example below), tick boxes from a pre written plan or a visual birth plan (please see the link for this under external resources). Feel free to mix and match the type you want and share/discuss them with your care provider.

Here are some aspects I feel are important to consider:

- Language & Environment
- During Labour
- Birth of baby/ babies
- The third stage/ Placenta
- Immediately Post birth
- In case of an Induction at hospital
- In case of a Caesarean (planned or emergency)

It's your birth so you get to have a say. Express what you would like, including the positions you would like to birth in so professionals can support you appropriately.

By looking at these different aspects you can control small aspects of your birth. I cannot promise birth will be exactly as you plan it- in fact all births do deviate from the birth plan, but it is important to consider what other things you can do in case of changes. For example- I planned a water birth and ended up with a land birth as my son came quicker than expected. However, I expressed that I wanted to have as little intervention and have freedom to move positions that suited me which were respected by our care providers.

Please have a look at my birth plan on the next pages. This is for example purposes only.





example of a BIRTH PLAN

a kind request...

pooja & Hemant's birth
preferences

We understand and respect that all the items outlined in this birth preference may not be applicable, however we would like to request those that can be met, do so. Ideally, as a birthing mother, I prefer not to be disturbed unless necessary and so request you speak to my husband, Hemant, who is my advocate.

Please ask my permission- my consent is important.

language...

I am feeling excited about birth!
I am practising hypnobirthing and to help me, please use the language:
Surges/ Waves NOT contractions
Breathe NOT push

environment...

NO Medical Students	Please stay in the background	Quiet please	Low light levels
Freedom to move	Able to eat & drink	Hands off	Music

during labour...

Please allow me follow my body's guidance. I wish not be touched or have any cervical examinations unless I request them. I wish to be as upright as possible during labour. Please DO NOT check on baby's heart beat without my consent. I prefer to manage my surges with breathing techniques. Please DO NOT offer me any labour relief unless requested. Please DO NOT break my waters.

Please speak to my husband who can relay any information to me.

birth...

I would like a natural, vaginal water birth where possible. I wish to breathe my baby into the world and for either myself, Hemant or my son Shyam to catch baby. Please DO NOT coach me to push. If a land birth, I would like to be on all fours.



placenta...

I would prefer a physiological birth of my placenta. Please DO NOT give me syntocinon/ syntometine unless there is a medical reason. Please allow me to wait at least 20 minutes before discussing a syntocinon. I would like to see my placenta.
I am having my placenta encapsulated, please support my husband with this.

post birth...

I would like for the lights to remain low and my music to be played in the background. I would like delay cord clamping for as long as possible. I would like for Hemant and Shyam to cut the cord when appropriate. Please DO NOT wipe/ clean my baby. Please delay any measurements/ examinations. I would like to have skin- to- skin for as long as possible and to be left with my new family unless there is a valid medical reason to interrupt us. We consent to the Vitamin K injection for baby.

if induced...

I would like to follow the above as much as possible. As little intervention and examinations as possible. Please DO NOT break my water unless there is a valid medical reason. Please gain my consent before doing this and give my husband an understanding for your suggestion.

if caesarean...

I would like to follow the above as much as possible. I would like my husband to be seated at my head. If possible for my relaxation music to be played in the background. I would like the lights to be as dim as possible. I would like to be informed when my baby is being born and if possible to guide baby out myself. If I cannot guide baby out, could my husband please be supported to guide baby out. If neither me or my husband can guide baby from womb to world, for screen to be lowered and for us to witness the birth of our baby.

thank you



.....

birth preferences

a kind request...

language...

environment...

during labour...

birth...

placenta...

Blank white box for notes related to placenta.

post birth...

Blank white box for notes related to post birth.

if induced...

Blank white box for notes related to if induced.

if caesarean...

Blank white box for notes related to if caesarean.

thank you 



#ownedit



0753 481 6339



pooja@mystrimumma.co.uk