

Testimonial

" I didn't know anyone who had given birth at home and one of the reasons I felt confident to do so for my first child was because I knew that I would have Gill as both a doula and a HypnoBirthing Practitioner. I think it is a rare combination to have both and I feel very lucky that I found Gill. Whilst I practiced all the elements of the HypnoBirthing course it really made a huge difference having Gill there with me as a guide and a coach.

The birth went really well, it was a short labour and my baby boy came into the world calm and relaxed. The HypnoBirthing course taught me that birth is a natural thing & through breathing and visualisation one can help one's body to let go as much as possible and to allow it do what it knows how to. I was able to learn as well as I did because Gill is a very effective teacher.

She delivers her knowledge and experience with a natural calm and warmth. She is also down to earth and has an ability to talk about a range of personal and private issues with both pragmatism and sensitivity. In addition Gill has a range of experiences as a Hypnotherapist, Doula and Hypno Birthing teacher that work very well together, creating synergy between all these elements.

With regard to how Gill works with birth partners, my partner found that Gill really included him in the whole process before and during the birth. This was his first child and he particularly appreciated this approach.

As for myself, Gill made me feel very well taken care of on the day I gave birth. I trusted her implicitly which was the most important thing on such a day"

Flora S 2010

Preparation & Information

As with all important life changing events, it makes good sense to be fully prepared & well informed in readiness for the birth of your new baby. Just like buying a new house, a car, arranging a wedding or even booking a holiday. The more effort & attention to detail put in, the more enhanced the experience can be.

HypnoBirthing® with ABC Birthing will supply you with that extra attention to detail. 12 1/2 hours worth of learning which includes a free Hypnobirthing Book & CD, lots of relevant information & advice, relaxation techniques & practical exercises for you to practice. All of which are aimed at enhancing & optimising your birthing experience.

I offer a free introduction to learn more about HypnoBirthing, contact me to reserve your place. Call me - Let's talk soon.

Gill Blayney Email : info@abcbirthing.co.uk

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W. www.abcbirthing.co.uk

FB. www.facebook.com/ABCHypnoBirthing



**Enhance & Optimise your
Birthing Experience**

HypnoBirthing®
The Mongan Method
With ABC Birthing

**It's the extra effort & attention to
detail that can make all the difference
when it comes to Birthing Successfully**



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What is HypnoBirthing® ?

Hypnobirthing® is a 20 year old GOLD STANDARD Complete Childbirth Education Programme. Recommended by Midwives & favoured by mothers because, if practiced regularly, it can reduce or eliminate the need for drugs & medical intervention. The aim is to provide a calm & positive birthing experience for parents & babies. HypnoBirthing® Mothers often report experiencing little or no pain & a perineal that is only just grazed. It is common to give birth quicker when using Hypnobirthing® techniques. The benefits also include healthier babies with higher APGAR scores who sleep better & feed more readily. HypnoBirthing is a full Birth Preparation Class, providing positive birthing guidance and much more. Completely different to the stage hypnosis seen on TV, HypnoBirthing® is logical and Practical. Dads report getting a much out of attending the course as Mum's, by learning how to play an important role, to use useful techniques aimed to speed up their partners birthing.

HypnoBirthing® Courses include:-

- **Current Birthing Procedures** to help you make well informed choices & decisions throughout your pregnancy & birth
- **How your Birthing muscles work:** How to work with them to enable you to reduce or remove your need for drugs & medical intervention during your birth
- * **Birthing Preparations:-** Creating a birth plan: What might happen & when: Packing your bags: Other birthing scenarios
- **Bonding:-**How you can enhance the bond between you, your partner & your baby
- **Breathing techniques:-** To help maintain a healthy supply of oxygen to ensure baby's heartbeat remains constant during birth
- **Relaxation Methods:-** allowing you to remain deeply relaxed: fully focused & in control: increase your energy levels
- **Releasing any limiting thoughts** to help optimize & speed up all stages of birthing

ABC HypnoBirthing® Courses

Exceeding your expectations in so many ways:

- Many local Midwives regularly refer their clients after witnessing exceptionally quicker & calmer birthing outcomes.
- Every course includes an opportunity to hear feedback from previous HypnoBirthing® parents
- Classes limited to 4 couples per course allowing greater personal learning opportunities
- Offers a purpose designed environment to include birthing pools, beds & birthing balls
- Courses are flexible, friendly & informal.
- Plenty of free car parking & refreshments

Due to limited places, you may want to consider reserving your place early.



Contact Gill Blayney PDC.Hyp BSCH
Tel. 01604 643356 / 07801 367 989

Doula Services—*Optional Extra*

I believe with my unique knowledge & skill set my Doula (Birthing Companion) services are second to none, probably within the UK. I regularly achieve really great birthing outcomes, my results speak for themselves, I have lots of couples available to provide you with feed back and answer any questions you might have with regards to how a Doula can enhance your birthing experience. If you are looking for a caring, constant companion, who believes in you.....

A Doula is the answer

