



THE HYPNOBIRTHING PLACE

NEW BABY

NOTEBOOK





What I wish I'd known...

Whilst I teach hypnobirthing, the focus is on the birth, but of course it's just the beginning. Becoming a mum (or having a second baby) is life changing, and I believe post birth support is just as important as pre.

This is the introduction to the Hypnobirthing Place New Baby Notebook, which I've written after listening to what new mothers told me they wish they'd known before their baby was born, as well as what I wish I'd known!

My story

With both my babies, I found myself on a huge learning curve. When I gave birth to my first, Joseph, I couldn't really believe that I was about to start life as a mum. Everything leading up to that moment had been focused on the birth. He was born healthy and chubby, dark glinting eyes and a full head of hair. But my labour hadn't gone to plan, and I found myself having to work out how to recover from a C-section, deal with breastfeeding challenges and a baby with reflux. Not quite what I had in mind. Those first few months were hard and I cried often, though of course there were wonderful moments too, and a baby who I loved more than I'd imagined possible, and who loved me. He's now at school and I miss those days!

Then came my second baby. I had Iris at home, and had the birth I'd hoped for. It was a magic start to her life, and we all marvelled at how full of vitality she was. This time, I had to learn how to help my body recover from a vaginal birth. I also had to work out how to navigate the choppy waters of life with two – I had to find my sea legs!

For you

So in the hope that it is helpful for parents who I've taught, I've written down all the practical tips and strategies I've learnt, researched, collected and remembered.

I have spent more time than I like to think gathering these over the years! I hope that you find it reassuring and encouraging and that it provides some practical help for those emotional early months. It's the most incredible time, it's just also full of a lot of new-ness!



This is the opposite of a rule book, because lets face it. There is enough pressure on mums to do things a certain way. And you know what? It is too much. Too much information, too much idealisation on social media. Too much judgement. It all leads to way too much anxiety and guilt. This is about helping you trust your instincts, and do it your own way.

New parents have found this useful and have even added to it for others to read. I hope that if you decide to do a Hypnobirthing Place course, you will too.

Expectations

It may be worth asking yourself how high your expectations are in the early days.

Caring for a newborn is all consuming. The most important thing is looking after your own and your baby's immediate needs – food, warmth and sleep. Your baby's brain will double in size in the first year. Each moment of interaction with you and others, helps to activate and connect different parts of its' brain. Lying on a bed with a baby can easily while away an afternoon and that is precious bonding time, not wasted time.

Try to take pressure off yourself by thinking about what is a 'should' versus a 'want' or 'need'. Ideally the 'shoulds' don't become a bind. If they aren't vital, scrap them or change them. If they are important, reframing them as a choice can be helpful.

Remember, you have nothing to prove. See examples below.

I have to / should do	I want to / choose to
I should make a nice dinner for us to eat after the kids are in bed	Twice a week we'll have beans on toast or a ready meal
I should go out and meet other mums	I want to go out, so I'll make plans

Hypnobirthing techniques work brilliantly after your baby is born

Positive affirmations. The affirmations that you do during the lead up to birth still apply afterwards. I left some of mine up, ones like 'listen to your instinct' because there's a lot to be said for that if you're feeling tired and a bit lost.

Breathing. Remember, 3 deep breaths, in through your nose and out through your mouth for a slightly longer time, are the best way to shift your physical and mental state quickly.



I have created a **relaxation track** for building calm and confidence in new parents. You can find it on my website, or just ask if you'd like to know more about it.

If you decide to do a group or private class with me at Hypnobirthing Place, you will receive the full New Baby Notebook.

The New Baby Notebook includes information on:

- ❖ Bonding
- ❖ "Is she/he a 'good' baby?"
- ❖ Hormonal rollercoaster
- ❖ Post birth recovery
 - Vaginal, caesarean
- ❖ Breastfeeding
 - Establishing milk supply, practical tips for smooth feeding, remedies for thrush
- ❖ Bathing baby
- ❖ Sleeping
 - Yours and your baby's sleep!
- ❖ Baby changing

Wishing you a healthy and happy pregnancy

With love, Zoe x

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