

Your role as the mom's protector and advocate

Here are some ways you can help protect the birth environment:

- During pregnancy, help her avoid negatives. Commit to remove yourselves from negative influences like scary birth shows, books that warn you of all that could go wrong and well-meaning people who share scary stories.
- Make sure the appropriate people have your Birth Preferences document (we'll cover this in Class 5).
- In labor, answer questions on the mom's behalf whenever possible.
- Monitor and control, as best you can, who comes into the room. The mom's progress can be slowed by people who don't know or respect her feelings.
- Find out about the risks and benefits of any intervention offered. Ask for time to discuss it privately.
- Recognize your own authority with caregivers. You always have the right to ask questions and express your views. An informed opinion, expressed diplomatically, can open doors. Asking for help can be powerful.
- Get the other members of your support team clear on the mom's desires for this birth. This includes friends, relatives, children, etc.
- Other helpers don't have to know everything about hypnosis, but it's helpful if they're familiar with what she's doing. Tell them about it in your own words.
- Work to provide the atmosphere of reverence and privacy that you would give to lovemaking. Orgasm is another bodily function that requires privacy, safety, and acceptance. It uses many of the same hormones, body structures, and sounds. How can you create THAT level of privacy, safety, and acceptance?

"If you even dream of beating me, you better wake up and apologize."

~Muhammed Ali

Your role as hypnosis coach

As the hypnosis coach, you can use the Partner Trigger you set up in Class 2 anytime you think the mom should relax or focus. See the "Partner Trigger instructions" for details on how to use the trigger now and in labor.

You can also use affirmations and scripts, or just speak from your heart with positive ideas and visualizations for her. Use your imagination. If you think of something that would be positive and beneficial for the mom in hypnosis, you can say it to her as if it's already true, and watch it become a reality. Example affirmations are provided on a handout, and scripts are in their own chapter near the back of the manual. You may use any or all of these in labor. You can read them over and over. Repetition is good. Repetition is good.

A note about love

You know you can't have the baby for her, but you have something that will be so helpful to her: your love. Simply being loved through the entire process gives a woman the support she needs to reach her highest potential. And women who are supported this way are more loving with their children, according to recent studies.²⁵

While she's in hypnosis you have a great opportunity to deliver messages of love and support that are likely to be accepted at the deepest levels of her mind. Couples who bond during labor can enjoy beautiful memories and strengthened relationships long after labor is over.²⁶

See your instructor for a session if you have a special situation or desire more assistance.