



♥ Hypnobabies Hypnobirthing Home Study Course - Class Overview

Your complete childbirth preparation, infused with powerful hypnosis techniques and a deep sense of peace and confidence.

[Learn more about our Hypnobabies Home Study Courses and Bundles here, and receive 25% OFF when you use code myhypnobirth25-Off](#)

🌸 Class 1: Welcome to Hypnobabies



Start your journey by exploring the heart of Hypnobabies—our positive mindset philosophies and how your amazing mind works. You'll learn:

- Pregnancy anatomy and physiology
- The power of belief systems and language
- How your conscious and subconscious minds work together
- What hypnosis *really* is—and what it's not!
- Why fear can affect comfort and the length of labor
- Techniques for releasing fear and embracing confidence
- Daily affirmations for pregnancy and the magic of mindfulness
- The beauty and power of your uterus 💪
- How to create your Hypnobabies "Mental Lightswitch"
- A trust-building communication exercise with your birth partner
- ✨ **Hypnosis tracks:** Create your own safe, peaceful mental space and begin preparing for a calm, more comfortable birthing day



Class 2: Staying Healthy and Safe

This class is all about nurturing your body and your baby with knowledge and love. You'll learn:

- How to support a healthy pregnancy through nutrition, hydration, and rest
- The benefits of high-protein foods, eggs, salt, and calcium
- Safe, comfortable sleeping positions during pregnancy
- Natural comfort measures and prenatal exercises
- Using hypnosis for pregnancy discomforts and overall well-being
- An intro to the stages of labor, including our uniquely-named "Baby-Kindness" stage 
- Bonding with your baby and including your Birth Partner in your practice
-  **Hypnosis tracks:** Learn to enter and deepen hypnosis on your own, and begin controlling physical sensations with confidence

Class 3: Exploring Your Birthing Options

Knowledge is power! This class helps you make informed decisions and advocate for the birth experience you want:

- Mindful decision-making for your birth
- "The Big Secrets" of birth prep
- Exploring common procedures with their risks, benefits, and alternatives
- How to navigate hospital forms and assert your birthing rights



- Positive communication and creating a dream birth plan
- Understanding “big” babies and what’s really important
- Packing for birth and planning a tour of your birth place
- The many benefits of a Hypno-Doula
- Introduction to abdominal lift & tuck techniques
- ✨ **Hypnosis tracks:** Experience hypno-anesthesia and the powerful “Eyes-Open Childbirth Hypnosis”

🌸 Class 4: Getting Ready for Birthing Day

Learn what to expect as your birthing time approaches, and how to stay calm, confident, and in control:

- Understanding your “guess date” and how long pregnancy really lasts
- Signs that your birthing time is beginning
- What to do if your water breaks
- Telling the difference between true and “practice” labor
- How to time your birthing waves
- Using your Hypnobabies tools on the drive to your birth place (if needed)
- Hypno-Guardians and the role of supportive nurses
- Comfort during internal exams
- Understanding cervical dilation, effacement, and baby’s station



- Labor progression: fast, slow, or just right
- Induction options (natural and medical)
- Creating a safe, serene birthing environment
- Optimal fetal positioning and nausea relief
- ✨ **Hypnosis tracks:** Practice your fast-entry cue for entering hypnosis quickly during childbirth

Class 5: Transformation and Birth

Now it's time to bring all the pieces together for your birthing day. This class is powerful and deeply supportive:

- Birth Partner training—yes, they'll be amazing!
- Four pages of verbal cues to use during birth
- Physical comfort techniques and how to adapt if plans change
- Transition (“transformation”) and how to move through it with trust and peace
- The best birthing positions for comfort and progress
- Using a birth ball, exhale pushing, and avoiding the “ring of fire”
- Gentle placenta birthing and postpartum care options
- Birth Plan review and how to use every Hypnobabies tool confidently
- ✨ **Hypnosis tracks:** Use cues with your partner to deepen hypnosis and move your hypno-anesthesia exactly where you need it



Class 6: Welcoming Baby and the Postpartum Journey

This final class supports you as you move into life with your newborn—feeling informed, confident, and deeply supported:

- Caring for yourself in the first two weeks postpartum
- Bonding and sensitivity with your new baby
- Creating a Baby Care Plan and learning about your choices (hospital or home)
- Bathing your baby... or not?
- Vaccination info, circumcision, and rooming in
- Breastfeeding basics and common questions (jaundice, latching, feeding on cue)
- Gentle, responsive parenting info and resources
- ✨ **Hypnosis practice:** Maintain your hypnosis tools and cues until your baby is born for continued calm, confidence, and connection



You deserve a more peaceful, empowering birth — and Hypnobabies can help!

Enjoy 25% OFF all hypnobirthing courses, tracks, and hypnosis sets at Hypnobabies Academy. 🎁 Use code **myhypnobirth25-off** at checkout:

<https://hypnobabieslinks.com/OnlineHypnobirthing>