

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 to 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, prior to the event. The birth of your baby is such an important event it deserves to be given lots of time & care spent on it in preparation. Just like when buying a new house, a car, arranging a wedding or even booking a holiday. The more effort put in, the greater attention to detail, can only increase & enhance your whole experience & outcome.

HypnoBirthing® with ABC Birthing will supply you with that extra attention to detail. 12 1/2 hours of learning includes a free CD HypnoBirthing Book, plenty of 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 & reserve your place.

Gill Blayney @ ABC Birthing



Enhance & Optimise your
Birthing Experience

HypnoBirthing®
The Mongan Method
With ABC Birthing

It's the extra effort & attention to
detail that makes all the difference



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What is HypnoBirthing® ?

HypnoBirthing® is a complete childbirth education programme, it's aim is to provide a calm & positive birthing experience for parents & babies. It is a gold standard birthing programme recommended by midwives & favoured by mothers because if practiced regularly, it can reduce or eliminate the need for drugs & medical intervention. 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 less premature or under weight babies and babies with higher APGAR scores who sleep better & feed more readily.

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

Aim to exceed your expectations in many ways.

- Recommended by local midwives this Practitioner has a rare & unique skill set
 - Opportunity to hear feedback from previous HypnoBirthing® parents
 - Classes limited to 4 couples per course allowing personal learning opportunities
 - Offers a purpose designed environment to include birthing pools, beds & birthing balls
 - Courses 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
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Doula Services—Optional Extra

I believe with my knowledge & skill set, I am one of the only Birthing Doulas within the UK, able to offer this unique & complete natural birthing package. I have been working & supporting Natural birthing for many years. I truly believe with my knowledge & experience I can help you achieve the calmest & most comfortable birth circumstances allow.

I am a Doula because I truly believe every woman deserves the opportunity to experience a gentle & loving birthing experience, to feel nurtured, empowered and fully supported during this special time of your life.

Are you looking for someone to remain with you throughout your whole birthing experience? A calm, caring constant companion who believes in you and your ability to give birth?

A Doula is the answer

