



The Calmbirth® childbirth educational programme is designed to guide expectant parents on how to use techniques such as deep relaxation, focused breathing and other inner resources they naturally possess to help create their birth experience. Suitable for those birthing for the first time or subsequent births, the Calmbirth philosophy is based on the beliefs that pregnancy, labour and birth are normal life events that can be experienced calmly and joyfully. It recognises the importance of the need for parents to be emotionally prepared for birth, to assist the mother's body to birth her baby.

Throughout the class, an environment is created whereby participants can review and expand upon their understanding and beliefs about birth and learn techniques to assist them to manage throughout labour and birth. These techniques become life skills which can be used in childbirth and beyond, to increase awareness and responsiveness to new ideas - valuable tools for life after childbirth.

The calmbirth® programme was developed by Peter Jackson, who as a midwife for over 20 years, witnessed many mothers whose experience of childbirth was one of fear, anxiety and trauma. The calmbirth® programme is the result of Peter's experience and search for a way to help mothers rediscover their birth power and joy.

## Discover

- The physiology of birth and how a woman's body is designed to function in labour
- How to eliminate the fear, anxiety and tension that can inhibit labour and birth
- Simple, effective breathing techniques to relax and work with your body in labour
- The important role played by fathers/partners or other birthing companions
- Enlightening insight into bonding and the developing parent/baby relationship

The best time to start this course is between 24 and 32 weeks, though some start later. The cost for the course is \$395, which includes class booklets and relaxation recordings to take home.

## Can I attend a private calmbirth® course?

For some expectant parents a private course may be a better option. Time permitting, a time and place is arranged that suits both you and the educator. The cost for the course is \$660\*. This includes class booklets, relaxation recordings and follow-up phone support.

## Should I also attend the hospital antenatal course?

Some couples do both and some just attend Calmbirth®. This depends on how much or the balance of information you want. During the calmbirth course, we address the need for medical assistance and the value of Calmbirth® skills in different situations. As a registered midwife and childbirth educator I am able to answer questions about all aspects of the birth process and about the need for medical assistance. If couples choose not to do the hospital classes I always recommend they attend a birth unit tour, and for postnatal information not given in the Calmbirth® course I offer an Early Parenting Workshop. The Australian Breastfeeding Association offers a breastfeeding class you can attend before baby arrives. Independent midwives and hospitals often provide breastfeeding/babycare classes.

## Is Calmbirth® the same as hypnobirthing?

Calmbirth® is not the Australian version of hypnobirthing. Hypnobirthing teaches couples self hypnosis methods, and was developed by a hypnotherapist. Calmbirth® is a number of special relaxation techniques, was developed by an Australian midwife and utilises insight and research from experienced midwives, doctors and scientists. The course content is constantly being evaluated to make it the most up-to-date and effective programme available.

## Do calmbirth® teachings fit in with my personal beliefs?

Calmbirth® can be used by people of many personal belief systems. The process of relaxing deeply is a natural bodily function, and the relaxation language used relates to understanding the amazing design of the body for childbirth, accessing the body's inner abilities to let go of fears and misconceptions, and the use of the imagination. We use these inner abilities to varying degrees every day without being consciously aware of them. I'm happy to answer any questions you may have about the programme. Then you can decide for yourself if it is the right childbirth preparation programme for you.