

How to have a positive hypnobirthing C Section

Hypnobirthing can help turn a scary and clinical experience into a safe and empowering one. Knowing how to have a calm, confident and informed c-section experience allows you to feel some of the benefits of a natural birth and have a positive birth experience, even if your birth takes an unexpected turn.

I have been told I need to have a caesarean, who can I talk to?

Senior midwife in the hospital

AIMS (Association for Improvements in the Maternity Services). Email: helpline@aims.org.uk or telephone: 0300 365 0663.

Independent Midwife

What is a gentle or natural caesarean (cesarean)?

Creating the atmosphere to give birth to your baby in a peaceful and relaxed environment is at the centre of this type of caesarean. A gentle caesarean aims to create many aspects of a natural birth, and this can be included in your birth plan. Please refer to the gentle caesarean birth plan template which you can access via the online course.

If you need or elect to have a caesarean section you can still have as close to a 'natural' birth as you want in terms of feeling calm, relaxed, in control and informed using hypnobirthing techniques, tips and advice on how to personalise your experience.

Am I allowed to have a gentle c-section?

It is your right to explore 'gentle' options in theatre to support your body and mind to produce the same happy feel good hormones as you would expect to produce during a calm hypnobirthing birth. If you need more support about your rights I recommend that you contact AIMS, an independent organization supporting women in pregnancy and childbirth.

How to have a gentle c-section using hypnobirth techniques:

There are a number of ways to emulate a natural hypnobirth in theatre and these are some ideas to help you:

Hypnobirthing affirmations / MP3s:

Most theatres have some form of music docking station/speakers which you can use so that you start listening to your hypnobirthing MP3 as soon as you enter the room. Alternatively you can of course bring your own source of music with earplugs. Check to see if the hospital has their own speakers or if you need to bring your own. If you bring your own then you'll need to ask what their protocol is as some hospital trusts require you to bring it in for safety testing or other variations of this.

Photos / affirmations cards:

Unlike hospital or home, you cannot bring your own pillow or blanket into the delivery room for hygiene reasons but you can ask your birth partner to bring in your affirmations or affirmation cards, or have photos of loved ones or special places, whichever it is that works for your mind/body connection. These tools will support your mind in focusing on being calm and relaxed instead of worrying about what is going on behind the screen.



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Essential Oils:

Essential oil of lavender can calm you before the operation and aid your recovery.

Cutting the cord:

Even with a caesarean birth it can be beneficial to the baby to wait before clamping and cutting the cord. You can discuss it with your midwife or obstetrician and include it in your birth plan.

Skin to Skin:

This period immediately after birth is recognised as important for bonding of both mother and baby. In most hospitals, the baby is immediately passed to the mother after a caesarean and skin-to-skin contact is standard. Make sure this happens in your hospital.!

Monitoring:

Instead of the monitors being placed on the chest or fingers, you can ask for them to be placed on the side of the chest or the toes so that the wires do not interfere with holding your baby.

Low lights:

It is possible to dim the lights in the mother's part of the theatre so that the baby does not have the shock of the bright lights when it arrives in the world.

Initial tests:

Whilst your baby is having the initial tests, you can ask that they stay with you rather than routinely being taken away.

Lowering the screen:

You may wish to watch your baby being born – if so, include it in your birth plan, and make sure your care-givers are aware of this.

Recovery:

Hypnobirthing techniques are useful during recovery as well and, if you are calm and relaxed, the hormones produced in labour can aid recovery and help to establish breastfeeding.!

If you find yourself in the position where a caesarean (cesarean) is needed, then you can be confident that hypnobirthing techniques are also beneficial in the operating theatre and can give your baby a positive start in life.

