



**HypnoBambinos**  
Hypnobirthing Antenatal Classes in Kent

For an easier and safer birth

[www.hypnobambinos.co.uk](http://www.hypnobambinos.co.uk)

# Welcome to hypnobirthing

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Congratulations if you have  
a bambino on the way, and  
a very warm welcome to  
HypnoBambinos®

At this very special time in  
your life you and your baby  
deserve to have a calm,  
relaxed, natural birthing  
experience.

HypnoBambinos® offers  
hypnobirthing antenatal  
classes within relaxed settings  
and can help you by giving you the  
essential skills and knowledge to feel more confident  
and in control. Any fears or anxieties can be  
eliminated and leave you feeling ready to embrace  
your birth. Classes are available for expectant  
mothers and their birthing partners across Kent and  
East Sussex.

Our goal is to help you achieve a calm birth which  
you'll remember as a beautiful experience.



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# What is hypnobirthing?

Hypnobirthing provides parents with vital information on pregnancy and birth, and teaches the mother how to work with her body and mind, helping her to relax so that the experience can be easier, safer and empowering.

Women are designed to give birth naturally, and hypnobirthing teaches you the tools so that you can birth your baby into the world calmly in any situation and sometimes even painlessly.

Hypnobirthing is so much more than self hypnosis. It enables you to feel positive, confident and stay relaxed during pregnancy, through to birthing your baby. We also equip you with the knowledge

you need to make informed choices and stay in control of your birth. Whether you plan to have a home, birth centre or hospital birth or a planned Caesarean, hypnobirthing can work for you.

Hypnobirthing is a complete antenatal programme, so when looking at which course, choose the only one that can make a difference to your birth.

We offer  
a relaxed  
and natural  
birthing  
experience.



A close-up photograph of a woman with dark hair, smiling warmly as she holds the hand of a newborn baby. The baby's foot is visible in the foreground. The image is partially covered by text and graphics.

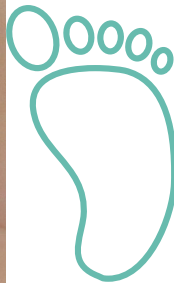
# Why choose hypnobirthing?

Hypnobirthing is a respected antenatal training programme making a real difference to how both you and your baby will experience birth.

Hypnobirthing can help you feel empowered and confident to work with your body, release any fears or negativity and replacing them with confidence and ready to take control of your birth. The father will also benefit from the course by learning how to be a supportive birthing partner and feel confident with the knowledge he gains from us.

You will become well informed of what happens to your body during labour and birth, how to best communicate with your medical professionals and make informed choices so that you can achieve the best birth for you.

Even though hypnobirthing doesn't guarantee a perfect birth, it will give you the tools and techniques so that you can achieve the best possible birth for you. Both you and your baby deserve a birth that is calm, relaxed, more comfortable and full of positive memories.



HypnoBambinos®  
courses are suitable  
for new and  
experienced mums

# Who is hypnobirthing for?

- Are you first time parents and nervous of how you'll cope during labour and birth?
- Did your birth plan not go as expected the first time round?
- Do you want to avoid drugs and interventions when birthing your baby?
- Are your worries causing you to lay awake at night and having an impact on you and your baby?
- Does your birthing partner want to be able to support you but is unsure how?
- Do you want to have a birth full of positive memories and help your baby enter the world feeling calm?

If the answer is **YES** to any of these questions then HypnoBambinos® can help you!

By giving you the essential skills and knowledge to feel more confident and in control, any fears or anxieties can be eliminated and leave you feeling ready to embrace your birth.



# The benefits

It's a family affair



## For mum...

- Learn methods through **deep relaxation** to help stimulate the hormones oxytocin and endorphins - the body's natural anaesthetic and **200x more powerful than morphine!** This can relieve the **unnecessary pain** during labour and birth.
- Prepares mother for **labour and giving birth** both mentally and physically.
- **Feel more confident**, in control and relaxed throughout labour and birth by releasing fears, and replacing the negative programming of labour.
- Labour can often be **shorter** and more **comfortable**.
- Helps mothers **remain calm** even if the birth does not go to plan.
- Mothers can remember the birth as a calm and **beautiful experience**.

## For dad...

- It gives Dad a **key role** during pregnancy and labour instead of feeling helpless.
- Gives him a **greater understanding** of the process of pregnancy, labour and birth.
- Gives him the **tools** needed to help his partner have a calm and empowering birth.
- He can **act confidently** as an advocate for his labouring partner, taking any stress away from her, allowing her to let go and focus on the birth.

## For baby...

- The use of **interventions are reduced** when hypnobirthing is practised leading to less trauma.
- Babies tend to **feed better** and **sleep better** when less trauma is experienced coming into the world.
- Importantly a **calm and drug free birth** leaves baby alert and calm.
- Gives baby a **beautiful start to life**.
- **70%** of hypnobirths are unmedicated



# The classes

## Free taster session

Our popular hypnobirthing taster sessions run regularly and give you the opportunity to ask all about our course, how they run and how they can help you and your baby. See next page for more information.

## HypnoBambinos® hypnobirthing classes

An educational antenatal program that will give you and your partner the knowledge and confidence you need to feel calm and in control when you begin your labour as well as the tools to experience a more comfortable birth.

## Family first aid courses

Here we focus on teaching you how you can assist a baby or child who needs urgent help whilst waiting for medical assistance to arrive. Other first aid courses are available upon request.

*For more information about our classes please contact us or see our website.*

**Remember,** our support does not stop after birth. Our range of expertise goes further, ensuring you get all the help you need - from breastfeeding to child therapy.



FREE 60  
MINUTE  
TASTER

# Taster session

We know decisions about your pregnancy and parenting are extremely important, and we want to give you the tools to enjoy this journey, so we are offer a 60 minute introduction to hypnobirthing, totally free with no commitment and no catch.

## Who is this course for?

This session is for expectant parents, birthing partners, and doulas, who would like to learn more about hypnobirthing.

## What does the taster include?

- We will show you a video of a hypnobirth, which will help you on your journey to visualising a positive birth.
- We'll teach you a breathing technique so that you can feel the benefits of feeling calm and relaxed.
- You'll also sample how hypnosis feels through deep relaxation.
- You'll learn what hypnobirthing is and how it can be of help to you and your baby.
- Experience relaxation techniques and learn how they can help you during labour and birth.
- Learn how your birthing partner can have an active role and be supportive to you
- The opportunity to ask any questions that you may have so that you are knowledgeable of what hypnobirthing is and how it can be beneficial to you, your partner and your baby.

## How to book

Please get in touch to book over the phone, or via email. Our contact details can be found at the end of this brochure.





# The venues

**Hypnobirthing group classes** are currently held at our venues in Staplehurst, Kings Hill and Rochester. They are easily accessible from the surrounding areas in Kent and Sussex. Courses will be available in other locations soon.

Alternatively, we can travel to your home if you would prefer to enjoy the hypnobirthing course surrounded by your own comforts in a 1:1 setting. This enables you to have the course when it suits you and at a pace comfortable for you. If you have a friend who is pregnant we also offer a discount for you doing it together.

We are happy to travel within a 15 mile radius free of charge, any distance further and we ask for a small fee to cover the extra petrol expenses.

Our successful **taster sessions** are held in various locations regularly, but if you find you unable attend the dates we are happy to give a 1:1 taster when it is convenient for you.



## Kings Hill

Nursery & Pre-school on the Hill  
60 Gibson Drive, Kings Hill,  
West Malling, Kent ME19 4AN

## Maidstone

Brishing Barn Nursery  
Brishing Lane, Boughton Monchelsea,  
Maidstone, Kent ME17 4NF

## Rochester

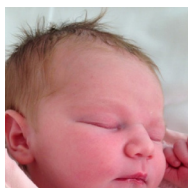
City Way Health Clinic  
Fort Pitt House, New Road,  
Rochester, Kent, ME1 1DX

## Staplehurst

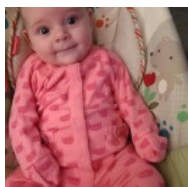
The Home of HypnoBambinos  
26 Hurst Close, Staplehurst,  
Tonbridge, Kent TN12 0BX

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Please see our website for  
the full list of venues  
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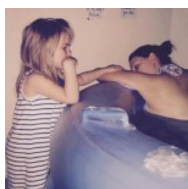
# Testimonials



*"Even though I'm having baby number three, hypnobirthing has taught me things I didn't know before. It's given my husband a new level of understanding of what women go through when giving birth and has given us both the confidence to speak up and stay relaxed while in labour."* - Sarah and Mark, Maidstone



*"I cannot recommend HypnoBambinos highly enough! The tools and techniques helped me through my labour immensely and our teacher is just lovely. She has not just been a hypnobirthing teacher, but a friend and a champion as well."* - Zara and Nick, Wadhurst



*"I would recommend hypnobirthing to absolutely everyone, and definitely recommend Danielle from HypnoBambinos for her friendly relaxed teaching style and her continuing support and presence with every aspect of my pregnancy and birth."* - Michele and Stew, Maidstone

> [Read more testimonials & birth stories on our website](#)

## Make a difference

### Taster session reviews...

*"We found the information given very useful and interesting. Loved the video!"*

*"The specific benefits of remaining relaxed in labour e.g. for cerfix. Good examples of the concept and examples of real life applications!"*

*"Useful to be aware of the relaxation techniques that can be used and positive experiences."*

*"Useful! Gave new options for me to choose birthing plan. Answered unknown questions!"*

*"Came to the session with very little knowledge and left understanding."*

*"It was interesting to explore different birthing options. Enjoyed the hypnobirthing video! Danielle was very informative."*



# The team

HypnoBambinos® feel its important that parents have support through **pregnancy, birth** and into **parenthood**. We are expanding our team of practitioners who can help you through each stage of your journey. These professionals are highly recommended and experienced in their field so you know you are in the best of hands. Please see our website for the list of recommended professionals.

## Our goal is simple...

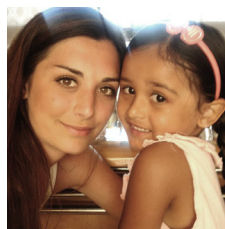
...To ensure that every expectant parent feels informed and supported though out their very special journey of becoming a parent. We are small enough to take real pride and interest in every couple that we teach, so you will never feel alone and you will be given all the information and skills you need to have a calmer, safer and more comfortable birth and beyond.



**Barbara Seal**

Dip Hyp CS Dip HB MHBA

Hypnobirthing Specialist  
& Clinical Hypnotherapist



**Danielle Ruaux**

Dip Hyp CS Dip HB MHBA

Hypnobirthing Specialist  
& Clinical Hypnotherapist



**Anne-Marie Stevens**

Dip Hyp CS Dip HB MHBA

Hypnobirthing Specialist &  
Clinical Hypnotherapist



Sign up

**to our e-newsletter**

Receive advice and news from parenting professional - relating to pregnancy, birth and parenthood.

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Call us 075 4570 3818

Email us [enquiries@hypnobambinos.co.uk](mailto:enquiries@hypnobambinos.co.uk)

Find out more [www.hypnobambinos.co.uk](http://www.hypnobambinos.co.uk)

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