

Fear Free Mama Guide



Let's get ready for an enjoyable and positive childbirth!

Find the time to explore these questions when you will not be distracted - some should inspire you, some might bring negative emotions.. I recommend to write out everything that comes to mind with each question and explore the answers on your own or with someone you trust. **The aim of this guide is to question your existing beliefs about childbirth and to give you the tools to replace them with accurate facts.** So, with an open heart, lets start..



Mindset & Birth Image

What is childbirth for you?

- How do you imagine it?
- What are your fears?
- How does the best outcome look for you?

Understand what formed your mindset around childbirth

- What messages about birth did you receive from your family/friends?
- What have you heard about your own birth?
- Are the stories you have heard positive or negative?
- Did you see images/films about birth at school? What messages do you think they gave you?

How accurate is the way you see childbirth?

- Did you watch birth documentaries?
- Have you seen an upright birth? Home or birth centre birth? Water birth? Woman-centred caesarean?

Birth $\neq$ Pain



Internal & External Messages

Do you believe:

- you can have a positive birth?
- your body can do it?
- you have a choice?
- that your body is perfect size for your baby?
- birth is normal, natural event (not medical)?

Choose external messages that proactively prepare for undisturbed birth. Pay attention to what messages you receive from:

- online forums and groups
- books you read
- birth stories you hear
- classes you attend

Give **hypnobirth tracks** and **affirmations** a go during pregnancy - they work by repetition - when you repeat the same thoughts in your head over and over you start to believe them.

my body was made for this



Your options

Explore your options, do your research and know your rights - what feels *unknown* or *uncontrollable* can feed fear!

Positive Birth	
You are where you want to be	☐ Home ☐ Midwife-led birth centre ☐ Hospital
Your choices are informed by reality, not fear	☐ ask for source of information ☐ take time before making any decision - you can ask for privacy ☐ use BRAINS (benefits, risks, alternatives, instincts, nothing, space) when making the decision
You are listened to and treated with respect and dignity	☐ take control in your hands ☐ make sure your birth partner is aware of your preferences and is ready to stand up for them ☐ you have an option to ask for a different health professional ☐ no one is allowed to touch you or do anything to you without your INFORMED consent
You are empowered and enriched	☐ surround yourself with people who will believe in you and will make you feel loved and cared for
Memories are warm and proud	☐ let this be your encouragement to notice how you are feeling at any point of time during labour - and adjust if needed



Resources for further preparation

- **Documentaries**

- [Birth Story Ina May Gaskin & the Farm Midwives \(2012\)](#)
- [The Business of Being Born \(2008\)](#)
- [Face of Birth \(2008\)](#)
- [Orgasmic Birth \(2008\)](#)

- **Books**

- *Ina May's Guide to Childbirth* by Ina May Gaskin
- *Reclaiming Childbirth as a Rite of Passage: Weaving ancient wisdom with modern knowledge* by Rachel Reed
- *Positive Birth* by Milli Hill
- *Mindfull Hypnobirth* by Sophie Fletcher

- **Ted Talks**

- [Reducing fear of birth in U.S. culture: Ina May Gaskin](#)
- [Reframing Birth | Nicola Goodall](#)
- [Why it matters how we are born | Bettina Breunig](#)
- [Home or Hospital? Holding the Space for Human Birth: Saraswathi Vedam](#)
- [It's 2am. Do you know where your midwife is? | Marla Gross](#)
- [We must put the sex back into birth | Kate Dimpfl](#)

- **Positive birth stories**

- [www.tellmeagoodbirthstory.com](#)
- [www.thepositivebirthcompany.co.uk](#)

- **Hypnobirthing tracks**

- [www.mindfulmamma.co.uk/free-resources/free-downloads](#)
- [www.betterbirthstories.com/hypnobirthing-resources](#)



I am here for you.

As a **Birth Doula** I offer informational, physical and emotional support online and offline. We can debrief your previous birth experience; prepare for the most positive birth scenario; discuss birth plan A, B & C; explore your options; prep your birth partner and so much more!

Check my [services](#) for more details or keep in touch on [Facebook](#) or [Instagram](#).

Julia Priston

