



**THE KEY TO YOUR CBE CLIENTS
SUCCESSFULLY USING THEIR
B.R.A.I.N.**

Does this sound familiar:

You've spent **several** sessions with your clients, you've done the prenatal education, you've communicated how important using their B.R.A.I.N during labour is going to be.

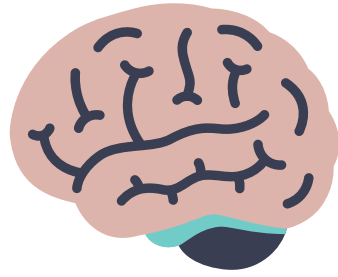
then.....

You get to the hospital with your client in labour and all of a sudden, **all of the work you've done leading up to this point goes out the window?** And then your client starts to comply with and agree to recommendations that they had previously told you they were not comfortable with.

Are you witnessing people in labour completely forget how to use their “B.R.A.I.N”?

Do you know how to find your client's entry point into accessing the tools necessary to make rational decisions in labour? If someone is able to take a moment to observe what is happening before reacting, they can calm down the stress response, and the most primitive part of their brain, and thus turning on critical thinking.

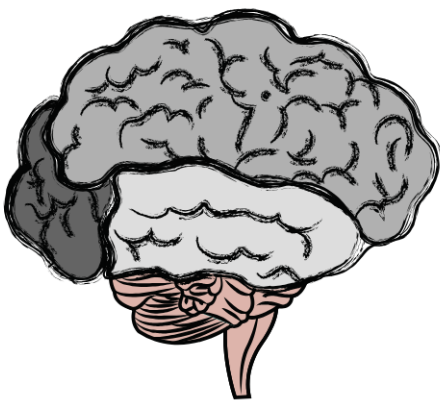
Introducing THE BRAIN



For a good portion of the last several hundred years, it was thought that the brain underwent a period of growth and development, but stopped being capable of change after the first 25 years of life.

Thanks to the discoveries of neuroscience, we now know that the brain has the capabilities of growth and change long after it has gone through the traditional "development phases" and will continue to change throughout someone's entire life.

Triune Brain



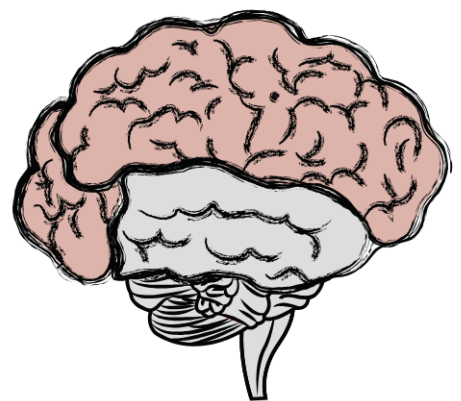
Lizard Brain

Brain stem & cerebellum,
instinctive responses,
autopilot, survival



Mammalian Brain

Limbic system,
emotional experience,
memory, habits



Human Brain

Neocortex, language,
conscious thought,
reasoning



Pregnancy is an exceptionally useful time to change the way our brain processes stressful stimulus.

This is because of the influence that hormones have on our brain during the gestational period. Hormones make our brain super malleable, and allow intentional activities to have more of an impact vs. a non-pregnant brain.

"Pregnancy hormones influence brain plasticity. We can optimize their functionality with intentional activity."

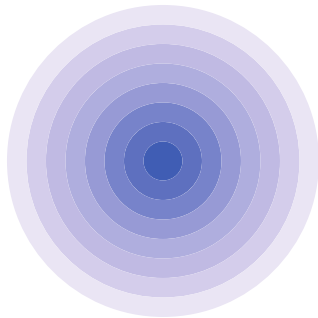
The following activities have been shown to *Increase Neuroplasticity*



**Mindfulness
meditation**



**Visualizations/
affirmations**



Hypnosis



**Cognitive
Behavioural
Therapy**

This e-book focuses on mindfulness for birth, and demonstrates how EASY it can be to reap the benefits.

Setting the record straight

What is mindfulness?

Mindfulness, in the most simple way of defining it, is **paying attention on purpose**, to a particular activity or event.

It does not have to be a cosmic ritual (although for many it is) that you need to be spiritual or religious to participate in. **It is also secular, and it is scientific.**

When we are mindful, we are thinking about exactly what we are doing. **For example, "I am breathing through this surge. I am squatting and my baby's head is moving lower into my pelvis".**





It's normal for thoughts to stray away from what one is presently doing.

Maybe the birther starts thinking about all the things they forgot to do before labour started.

Maybe they start thinking about how much longer they still have to go.

Maybe an intervention is suggested and it signals the fight or flight response to kick in.

Whenever this thought straying happens, someone would gently and without judgement, bring their attention back to what they are currently doing and focus on that instead.

By engaging in as little as 10 minutes of mindfulness practice per day, you are able to change neural pathways and turn off the fight/flight response that comes from automatic negative thoughts and reactions.

When your clients and their partners [if they have a partner/(s)] do their mindfulness homework, they will benefit from this by creating access to more tools.

When they can easily access mindfulness tool they will set themselves up for the possibility of an even more positive birth experience. Without practicing mindfulness, it is difficult to call upon it when it is truly needed.

No one is capable of making appropriate/healthy choices when they are stressed or afraid. Mindfulness training in Childbirth Education allows us to teach our clients how to switch off the stress response, so that they can use their B.R.A.I.N. effectively.

What is mindfulness?

Stress impacts our **minds** and **bodies**, and has some pretty big impacts on our **overall health**. We have observed the impacts on a stressed pregnancy by analysing cortisol levels of fetuses while in utero.

Birth, parenting and life in general, require mental "finesse". Through mindfulness, you can learn to build emotional resilience.

In a birthing environment, and especially parenting, there are many external factors you cannot control. **The only thing you really have control over is what is going on in your head and how you respond to what is happening around you.**

Mindfulness trains your brain for those moments.



10 Minutes of Mindfulness

Here are some easy and cost-effective (as in totally free) tips that you can follow so that anyone, with any schedule can incorporate mindfulness into their life. It doesn't have to be another chore you add to your list.

Focus on Breathing

Pay attention to **10 breaths in a row**. Notice the stages of a complete breath, from the cold air when you inhale, to the hot air when you exhale.

If your mind wanders, start back at 1. Start by doing this for 2 minutes. Set a timer so that you can do this with your eyes closed.

Increase by 1 minute each day until you get to 10 minutes. Want a tip for changing things up or supporting your focus? Try counting up and then back down.

Listen To Meditation Tracks

Need a little guidance? There are many wonderful mindfulness apps to help you focus and breathe, each day. We've created a 10 minute meditation for you that can help get you started. We also love the apps Calm and Insight Timer!

Drink your Tea Mindfully

Feel the heat of your beverage as you swallow. What flavours are you tasting? What is the texture? How does the heat feel as it moves down your throat and into your chest?

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Drive Mindfully

How does the steering wheel feel on your hands? Feel where your back meets the seat. Your foot on the gas. Your foot pressing on the brake and making sure you come to a complete stop as smoothly and gently as possible.

Take a Mindful Shower

How does the water feel on your skin? What fragrances do you smell? What is the temperature of the water? Notice how you wash your hair, your face, your toes, and so on.

Take a Mindful Walk

Imagine you have landed from another planet and you're taking in the new environment. How do the trees look? What does the pavement feel like under your feet? What do you hear? What do you smell? Are the colours bright? Dull? Focused? Unfocused?

Each Time you do these activities, it's like a push-up for your brain. You are rewiring a lifetime of habitual thinking and complacency.

It takes effort to think about doing something different. Our habits become habits because they're behaviours that we simply do not think about.

Start think about some of your most common behaviours (like brushing your teeth) and see what happens.

Birth doesn't have to be scary

Our goal at bebo mia inc. is to be a constant source of valuable and useful information for doulas. We want to help others to create & develop a CBE class that is not only fun, inclusive & informative, **but decreases the fear of childbirth for their clients.**

We firmly believe that it is the understanding of the impact of fear and the perception of pain, that creates better and more positive outcomes for participants in Childbirth Education classes.

**Our next Childbirth Education Program is
launching on Monday, February 18th, 2019!**