

HypnoBirthing® Room



- + **Please use calm, low voices inside and outside of our room...whisper if possible.**
- + **We wish for a totally gentle and relaxed birth.**
- + **We would like a quiet room with dim lighting.**
- + **PLEASE...No references to "push", "pain", "pitocin", "hurt", "hard labor", "moving things along"**
- + **Please Give us the freedom to move around and walk during labor.**
- + **We use hypnosis and HypnoBirthing® Techniques, not Lamaze.**
- + **Allow me to use my natural birthing instincts to facilitate the movement of my baby.**
- + **Let me use mother-directed bearing down and crowning.**
- + **We would like gentle encouragement during our babies birthing, with calm and low tones.**