



Confident Births

The Helping Hand Every Birth Needs



- **Birth and Postnatal Doula**
- **KGHypnobirthing Practitioner**
- **Meditation for Mummies**
- **Antenatal Workshops**
- **Breastfeeding Support**

How we give birth matters – and not just for the day itself. An empowering, confident start can have a lifelong impact on the physical and emotional health of both mum and baby.

Evidence shows having doula support can:

- shorten labour by up to two hours
- reduce the need for medication by creating a trusting environment
- decrease the risk of postnatal depression
- reduce the likelihood of having a caesarean section by 50%!

Hypnobirthing is increasing in popularity. Helping you:

- stay calm and in control of your labour
- reduce fear and create a calm and peaceful environment
- reduce adrenaline
- increase oxytocin and endorphins
- reduce discomfort, leading to a less painful birthing experience.

With this power, a labouring woman will rise to the challenge that is childbirth.

I have been working with women and their families for over 25 years within the NHS, hearing and being involved in positive, loving stories about birth and beyond. But more often than that I hear the other side: the 'failure to progress', the 'emergency caesarean', and the 'I wasn't allowed'. I often feel frustrated when talking to women who have had their baby and hear the words 'I wish I had been more prepared', 'I wish I had known I could have done that' and 'I felt out of control'. Mothers have told me that 'no one seemed to listen to us' and 'I didn't think it would be like this after I had the baby!'

As a doula and hypnobirthing practitioner I seek out strategies, am trained in comfort measures, and skilled in helping women find their own movement and positions in birth. I understand the importance of the love hormone oxytocin and will do everything in my power to ensure it flows. Enhancing the production of oxytocin means fear and anxiety are reduced and endorphins are simply allowed to build to match the intensity of the sensations experienced in childbirth. I have a wealth of knowledge, information and links to help you and your partner's confidence throughout the whole birthing experience.

Being a doula is about informing, supporting, nurturing, loving, guiding, reassuring and putting parents back in control of their own pregnancy, birth and beyond.

If you want to feel calm and in control, empowered and listened to, and reduce the need for medication, intervention and induction – if you want use my 25 years of skills and knowledge to help you harness the birth and postnatal experience you deserve, please get in touch.

I would love to hear from you.

Sally

Sally Yates lives in Heswall and has been working with women and their families for over 25 years as a community nursery nurse, midwife and health visitor.



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