



HypnoBirthing®

The Mongan Method

Big Babies

No one can predict a baby that is 'too big', unless they have psychic powers! Now, just where is that crystal ball I use for predicting good births so I never have to hop around and actually BE a midwife....

- ⊗ First of all, no one really knows the size of the baby.
- ⊗ No one knows the true position of the baby's head while engaged in the pelvis.
- ⊗ No one knows if the baby's head will change position during the course of labor (they often 'adjust' many, many times--especially if the bag of waters is intact.)
- ⊗ No one knows the amounts of hormones available to you during the different phases of birthing--hormones that allow your pelvis to flare out more dramatically, hormones that trigger more effective surges, hormones that effect the final descent phase, hormones that allow you to 'ignore' all that has nothing to do with you and your baby.
- ⊗ No one can predict the level of 'gorilla-ness' provided by your birthing companions.
- ⊗ No one can predict your determination to have a normal, natural birth.
- ⊗ No one can predict what your baby has planned, and the baby does have a plan.
- ⊗ No one can predict how far along in labor you will be when you present yourself at the hospital.
- ⊗ No one can predict how fast things will progress once you arrive (what if no one has read your chart and 'knows' you have a big baby?!)
- ⊗ No one can predict the attitudes and beliefs of the nurses and doctors who will attend this birth (some really do want to see all this 'work out'--against all the medical odds.)

WE are fine until we're not....

- ⊗ Trust your inner knowledge.
- ⊗ Has anyone in your family birthed by surgery? If not, you are the leading example of birthing excellence. Every woman in your family is standing behind you, knowing that the gene bank improved and fine-tuned itself just for you, just for this event, just to see if you will stand up for yourself and your baby.
- ⊗ This moment is what all the teaching and talking is about – do you have the confidence to trust the process and be comfortable with questioning anything that does not make you feel good, or makes you feel a speck of doubt?
- ⊗ Knowing HOW the uterus & birthing muscles work is not as important as knowing/believing that they DO work.

It is what it is. Sit back and enjoy this amazing powerful journey that is all about you and your baby!