



Supporting families through pregnancy, birth and beyond!

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845.283.7447 • [www.cddoula.com](http://www.cddoula.com)

## Certified HypnoDoula Support For You

Your HypnoBabies complete childbirth hypnosis program helped you to learn some wonderful pregnancy and birthing affirmations, birth visualizations, many relaxation techniques and cues, and medical hypno-anesthesia, which greatly lessens and sometimes eliminates severe labor pressure. Your HypnoBabies skills allow natural childbirth to be the loving, positive, empowering experience that it can be, with the joy and comfort.

Following your HypnoBabies classes, you will be able to utilize all the tools you have learned in your birthing time and in your life. During your birthing time, you and your partner have a wonderful resource available to you specifically to assist you with your HypnoBabies practices and to help facilitate a childbirth hypnosis-friendly environment- a trained and certified HypnoDoula. HypnoMoms have special needs. Your HypnoDoula will be with you the entire time, using your cues and deepening techniques and supporting you throughout the entire process.



Hudson Valley Hypnobabies

CD Doula Services is  
proud to partner with  
Hudson Valley  
HypnoBabies in  
providing support for  
HypnoMoms like you!