

# Section 2 After the Birth

These tracks will enable you and your partner to have more confidence in your parenting, rest whenever possible, and feel supported in feeding your baby.



## Welcome to Rachel's Post Partum Program 4 mins

Purpose: Explains the program and how to use it.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom & Partner	Before listening to other tracks	Once	Any	Yes / Once

Track

1

## Sleep Hypnosis for Parents with Babies 18 mins

Purpose: Be put to sleep easily, and helps you fall back asleep when you've woken up.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom & Partner	After baby is born	When you want to sleep	Sleeping position	Yes / Often

Track

2

## Relaxation & Affirmations for Parenting 19 mins

Purpose: Fill your mind with statements, suggestions, and visions that help you have ease in parenting.

*\*Affirmations only can be listened to by themselves.*

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom or Partner	After baby is born	Daily	Any	Yes / Often

Tracks

3-5

## Loving Breastfeeding 21 mins

Purpose: Connect with your baby and learn more ways to support breastfeeding.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom	A few times before birth and during breast feeding	When you want support	Any position for nursing	Yes / A few times

Track

6

## Connected Bottle feeding 16 mins

Purpose: Connect deeply with baby while bottle feeding.

Who should listen?	When?	How often?	In what position should I listen?	Should my partner listen? How many times?
Mom or partner	While feeding baby	Any time you need support	Any position for feeding	Yes / A few times

Track

7