

PREPARING FOR CHILDBIRTH SERIES

PROGRAMS DESIGNED FOR THE FIRST TWO TRIMESTERS

RR-1: Developing a Relaxation Response

This program is designed to help you develop cue-controlled relaxation, the ability to trigger a relaxation response by simply placing two fingers together.

OB-1: Diaphragmatic Breathing

This program is designed to help you increase your ability to produce a relaxation response through the use of relaxed diaphragmatic breathing. Use it along with *RR-1* during the first two trimesters of your pregnancy to help manage stress and develop a strong relaxation response.

PROGRAMS DESIGNED FOR THE FINAL TRIMESTER

OB-2: Relaxed Body & Relaxed Cervix

This program is designed to help overcome subconscious sources of fear and tension that might otherwise cause discomfort during labor. It will also greatly increase your ability to relax. Both this and the following program are designed to be used during the final trimester of your pregnancy.

OB-3: Creating a Relaxation Response Anchor

This program is designed to help you develop a relaxation response anchor that can be triggered by your labor coach. After you have used the program to condition yourself, your labor coach can simply touch your shoulder or knee at the end of a contraction and say the word “relax” to trigger a relaxation response.

The final two programs (*OB-2* and *OB-3*) work best if each is listened to at least once a week during the final trimester of pregnancy. Many women find it enjoyable and beneficial to listen to these programs more often. It is recommended that you alternate between them. However, if you feel that one of the programs is more important for you, you may want to listen to it more often than the other. The more you listen to each program, the better it will work. If you wish, you may also want to listen to one or both of the earlier programs occasionally during your final trimester.

HOW DO I USE THESE PROGRAMS?

When using these programs, you can listen to them in one or any combination of the following three ways:

Nighttime:

The most convenient way to use *Developing a Relaxation Response* is to listen to it at night just before going to sleep. Simply start your MP3 player, then assume your normal sleeping position. You may find yourself falling asleep fairly quickly so you do not consciously hear the program. This is fine. The time just after you fall asleep is an excellent time to “reprogram” your mind.

Daytime:

Daytime listening can be done whenever you a time and place where you will not be disturbed. Many people like to combine daytime and nighttime listening.

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Subliminal:

The program can also be played while you are engaged in routine chores such as washing dishes or working at a relaxing hobby. While you focus on the task you are doing, the recorded program works in a subliminal manner as it plays in the background.

Inexpensive ear buds or headphones can also be very useful for times when listening to the program might disturb others. Since these programs tend to produce drowsiness, they should never be played when the operator of a moving vehicle can hear them.

We would enjoy reading about your experiences with this program. You can leave your comments at www.rpeurifoy.com.