



SONA

HypnoParenting 6 Week Course

Hypnotherapy tools and techniques
for parents

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WELCOME AND HELLO!

I'M GLAD YOU'RE HERE

Welcome,

I'm so glad you're here. For many years I've wanted to create a programme for you that will give you the support and confidence that I really needed in parenthood, not only after my first birth, but in the following years of parenthood. I'm overjoyed that it's here now and I want to assure you that you're not alone and I'm here to support you, along with all the other wonderful parents in our group.

My journey to be here was completely unexpected, I worked in oil and gas, I loved my job, I was confident and in control of my life. Motherhood changed all of that. My pregnancy was really positive, I discovered hypnobirthing and it helped me massively, especially when things didn't go to plan. I was as prepared and as ready as I could possibly be.

BUT then I had my wonderful baby and I had no idea what I was supposed to do, nothing had prepared me for the day to day 'routine' that I now had, especially for everything that was changing for me. Everyone wanted to know how baby was doing and how much I was loving parenting. No one asked me how I was doing, whether I was even coping. It's probably not a surprise to you that the answers would have been no and no. Even when I did have it mostly together, I took many years to feel like myself again.

Now I work with parents in hypnotherapy sessions to help them navigate this time, through low mood, lack of sleep, anxiety, depression, whatever life throws their way. But I wanted to create something that was more accessible, because we can all do with a boost, so whether you're feeling pretty good about your parenting journey so far or are still feeling pretty lost, hypnotherapy will help you find more joy.

So welcome to the HypnoFamily!



HOW THIS PROGRAMME WORKS

(AND HOW TO NAVIGATE THROUGH IT)

3 MAIN PARTS

Each week we'll work on one module.

Week 1 – First it's time to RELEASE

Week 2 – The CALM Expansion

Week 3 – The SLEEP Expansion

Week 4 – The CONFIDENCE Expansion

Week 5 – The PRODUCTIVITY Expansion

Week 6 – The Joy Expansion

But you can work through it in a slow pace if necessary and come back and revisit, the units will be there for the next 12months.

There are three MP3s – the notes for each week identify which MP3 you should listen to, ideally you need to listen nightly, don't worry if you fall asleep while it's on though!

You can print these notes to fill in or pick a journal that inspires you and note down the answers each week.

Please share in the Facebook group as you work through any questions you have or any ah-ha moments. Each week has a colour associated with it, please share any pictures in that colour that inspire you in the group.

YOUR COMMITMENT

Using these tools and techniques has had wonderful results from parents who were really struggling and those who are coping well but needed a wee boost.

But it does require **commitment**, you have to commit to listening to the MP3s regularly, working through the tasks each week as asking when you need more guidance.

It requires a commitment to change and to improve one small step at a time. And I know you can do it.

MY COMMITMENT

I will be there to answer any of your questions in the Hypnoparenting Facebook Group, or you can email me jade@sonamum.com during the next 6weeks.

Additional therapy sessions are available too if you'd like one to one support and mentoring.

