

# POTENTIAL DRAWBACKS OF HYPNOBIRTHING



The method doesn't discuss the complications in pregnancy, medication use, or cesarean surgery, which may cause more anxiety if interventions become necessary.



Styles and languages may be different for different coaches and birthing schools.

Most online instructions are in English, making it difficult for non-English-speaking mothers to decipher the information.



Learning HypnoBirthing techniques and mastering them can be time-consuming and requires commitment.

The courses may not be cost-effective.



Healthcare professionals may be unable to accurately determine the labor progression due to the mother's relaxed state.

More research is required on the feelings and experiences of the birth partners.

