

Welcome to ...

Bump to Baby Academy



The Nyah Birth Method

BIRTH IS A BEAUTIFUL PART OF YOU

“Whenever and however you give birth,
your experience will impact on your
emotions, your mind, your body and
your spirit for the rest of your life”
(Ina May Gaskin)

**You deserve to have the
best birth experience.
Let's do this together!**

From this moment...



To this one...



*Many things will
happen
Happiness ...*





Fears...

and magic moments.



*Pregnancy and birth are the departure to
the incredible path of motherhood*





*Challenges and the
best time of your life
are about to come.*



Let's travel together!



Hi, I'm Ruth,

I'm the one behind this platform, behind so much love, behind so much positive vibes and the one behind "The Nyah Birth Method".

This is me, me in many of the roles that make me what I am.

Me and the deeper part of me, me and my growing time, the beginning of "The Nyah Birth Method".

I'm a travel & backpacker addict since I finished the university, I need to feel free to move wherever there is air for me to breathe.

I'm a long-time nurse and also midwife and that was my big dream since I have been a child. My profession gave me so many amazing things in my life, an incredible part was working in different European countries before I joined Doctors Without Borders.

Doctor without Borders showed me my other big passion, which is the fight against malnutrition.

As the creator of this platform, my years of experience around the world have opened my eyes and made me more confident in my—and every woman's—ability to give birth naturally.



In these often remote places where the concept of social media is just a fairy tale, natural birth and pregnancy are a part of women's everyday lives, a part which is supported by their community; a community that embraces a woman's ability to grow life and give birth with her body's natural systems. The fear of giving birth, the fear of pain—these are not present in these places where women know how strong and capable their bodies really are.

I'm a mum of 2, and those 2 guys run my life and every project is behind them now.

I would give birth several times per day if knowing that they are the result of this incredible path, to be a mum is my biggest honour, my biggest achievement and the most incredible place where I have never been. Some of the persons that have taught me more and without doubt my favourite persons in my life.

And this is me with every experience I made, this is me as a dreamer, as a traveller, as a friend, as a mother, as a daughter, as a wife, as a midwife as your companion on this journey.



My professional life has been so generous to me and it gave me always a reason to try to know more, to do better and be grateful.

My years in remote places of the world (Central Republic of Africa, Congo, Pakistan and Niger) and my travel experiences have shown me how incredible we are as women and how important the power of community is.

They also taught me that there are many ways to arrive to the same place, so flexibility is a big key of my life.

I'm passionate and enthusiastic about my profession and the things I do, determined, very positive and love to explore new places.

My big professional dream still remains to work on research in the field of malnutrition during pregnancy ... while I am making women aware around the world of their incredible capacity to give birth.

This is me, sorry to much me, me, me, let's talk about what is important for me, you, and the birthing method that I have created tailored for you.

What is the Nyak Birth Method?

The method consists of 5 steps where I will need your collaboration, where together we will grow and change learned behaviours towards an irrational way of seeing childbirth.

All along the way, you will be involved in answering questions regarding each step, which will help you develop your own personal tailored birthing method. At the end of the online course you will recognise a transformation in the way you see birth and how your knowledge has grown.

At the end of the method, you will have full and complete information about your choices, you will know every step of the birth process, pre-birth and post birth, and you will have the full tools of hypnobirthing techniques that will help you to relax during birth.



The first step is RECOGNITION

What frightens me when I think about giving birth?

What are the negative thoughts that come to my mind when I think about childbirth?

It is important that you open that box of fears and find all the situations that can create anxiety when facing childbirth.

This could be the hardest part, especially if you carry with you a very traumatic experience.

This is your method, so you decide when to keep going and when to stop and take a rest.

It is so important to identify what doesn't let you enjoy of the experience of give birth. Recognition also help to demystify.

This is the first step to be on top of fear, to be stronger than fear.

The mind is very clever, and if it thinks that you are in danger, it will create warning signs to try to avoid a situation.

Knowledge will help us to rationalise that fear and understand that sometimes what we're afraid of is the only safety action in that circumstance.

Suddenly that action that used to give you anxiety helps you see that situation as a 'less bad scenario' and then you feel better and lighter about the experience of giving birth.



The second step is RESOURCES.

This is where hypnotherapy and other techniques take the biggest role.

You will be fascinated to know that the best and most important resources to achieve a calm and positive birth experience are inside of you, are a part of you, and in fact the biggest resource is you.

With the help of these resources and the practice of them, not only will it change your way of seeing birth, but you will also feel stronger and more confident in your ability to give birth.

Hi! birth partner, now I am talking directly to you, this is the part of the method that will make you the best supporter to the mum-to-be during childbirth!



The third step is EXPOSURE TO THE EVENT.

During the course you will have the opportunity to learn in detail every event of childbirth, every different way that childbirth can take.

You will learn how your body works, anatomy, procedures, how most births progress, and how your mind works during childbirth.

This will generate a feeling of empowerment and maximum respect towards your body.

You will have the opportunity to see a real birth as well, and this is the best way to be exposed to the fact of give birth.

This part must be progressive; you set the pace, you know better than anyone how to manage your emotions in relation to childbirth.



The fourth step is TAKING CONTROL.

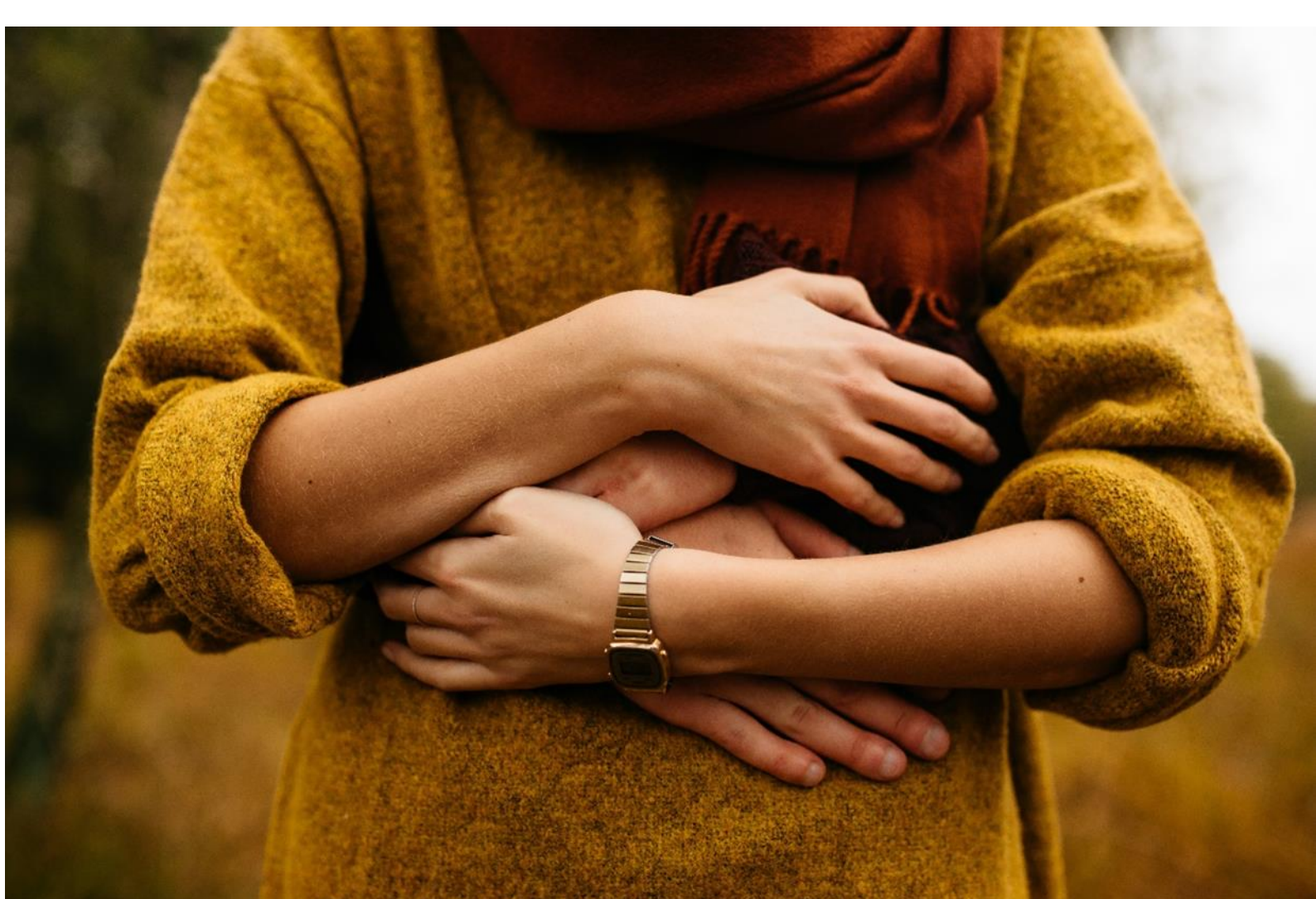
Now I have recognized, shared and faced my fears, know that I have the resources to face every situation, whatever it is.

I have exposed myself and I have learned how incredible my body is and how incredible giving birth is.

Now I am ready, and I feel strong enough to accept that sometimes different paths come to the same place, holding my baby.

Now I am ready to realize that I have all the information, whatever the way to get my baby will be, now I feel confident, now I just need the last bit to become an expert about my own birth.

Now I take control and I decide what is better for me.



The fifth step is REFLECTION.

This is the moment where I recap, where I take time to see my progression, I analyse, I trust, and I believe in this process, in me, in her.

Now it is also when I share my feelings with my birth partner and my birth partner with me.

Every situation that generates anxiety before starting the Nyah Birth Method has been addressed.

Now is the time to see how much I have changed in such a small period of time.

Now is the time to see that all the work that I have done was worth it.

This reflection is the beginning of the real change of facing birth differently and it's one step forward to achieving a positive and calm birth experience.



If you want to embrace motherhood, regain the confidence in your body's natural ability to give birth, and foster a positive birth experience, then the Nyah Birth Method is there for you. Everything that you need to know is on these 8 hours of videos. All the techniques, the many different directions that birth can take, essential decisions to make, and even postpartum tips are available to help create a positive experience you can embrace.



www.bumtobabyacademy.com

Instagram: @bumtobabyacademy

YouTube: My birth My Rules

@mybirthmyrules