



## Antenatal HypnoBirthing® Classes in Malaga - Spain

**Designed for parents who desire an amazing birthing experience!**

### Learn Key Birth Terms and Phrases

While becoming fluent in Spanish before your due date might not be realistic, learning some key medical terms and phrases can go a long way. Focus on words and expressions related to pregnancy, labor, and birth. Here's a starter list:

*Pregnancy - Embarazo*

*Prenatal care - Cuidado prenatal*

*Pregnant - Embarazada*

*Check-up - Revisión médica*

*Expecting - En espera*

*Birth - Nacimiento*

*Due date - Fecha de parto*

*Delivery room - Sala de parto*

*First trimester - Primer trimestre*

*Water breaking - Ruptura de aguas*

*Second trimester - Segundo trimestre*

*Give birth – Dar a luz or parir*

*Third trimester - Tercer trimestre*

*Contractions - Contracciones*

*Morning sickness - Náuseas matutinas*

*Breathe – Respirar*

*Cravings - Antojos*

*Push - Empujar*

*Tiredness- Cansancio*

*Water birth - Parto en agua*

*Obstetrician - Obstetra*

*Home birth – Part en casa*

*Gynaecologist - Ginecólogo*

*Skin-to-skin contact - Contacto piel con piel*

*Midwife - Matrona*

You could practice these terms and create flashcards or a small notebook that you can quickly reference during appointments or labor. Even if your pronunciation isn't perfect, your healthcare providers will appreciate your effort and it will help them understand your needs better.

Have fun with your birth prep and remember if you have any questions you can simply book a 1:1 with me and we figure out the best way for me to help you.

Warm regards,

Titia