



## 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*

*Estimated due date - Fecha probable de parto*

*First trimester tests - Pruebas del primer trimestre*

*Birth plan - Plan de parto y nacimiento*

### *Some phrases you might encounter:*

*Have you felt fetal movements? - ¿Ha sentido movimientos fetales?*

*When was your last period? - ¿Cuándo fue su última menstruación?*

*When was your last period? - ¿Cuándo fue su última menstruación?*

Have you had nausea or vomiting? - ¿Ha tenido náuseas o vómitos?

Do you have any pain or discomfort? - ¿Tiene dolor o molestias?

Have you noticed any contractions? - ¿Ha notado contracciones?

Have you had any bleeding? - ¿Ha tenido pérdidas de sangre?

Is this your first pregnancy? - ¿Es su primer embarazo?

Do you have any allergies? - ¿Tiene alguna alergia?

We're going to do an ultrasound - Vamos a hacer una ecografía

Do you want an epidural? - ¿Quiere la epidural?

Breathe deeply - Respire profundamente

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,

A handwritten signature in a cursive font that reads "Titia". The letter "T" is large and has a decorative flourish at the top. The word "itia" is written in a smaller, flowing cursive script below the "T".