

BIRTH ideas

Where do you want to birth your baby?

Who do you want there when you welcome your baby?

What would you like the environment to be like?

What type of labour and birth would you ideally like?

When early labour starts, you would like to:

Would you like to try the following: bath, shower, TENS machine, birthing ball, massage, breathing exercises, mobility/ active birth?



What pharmacological pain relief medication best suits you?

What position would you like to birth my baby?

What interventions would you consider?

How would you like to deliver the placenta?

Who would you like to cut the cord and when?

How do you want to feed your baby?

You want to be open minded about:

