

# BIRTH PREFERENCES FOR:

Mother & Partner's name: ..... Ph: .....

Thank you for assisting us in the birth of our baby.

Listed below are our preferences based on all the facts we have gathered during the She Births® course.

We trust that you will support and respect our wish to birth naturally, calmly and joyfully within the hospital.

Please support us with positive language and natural suggestions.

Please direct any comments or questions to the birth support team rather than to mum if she is labouring.

Please ensure that informed consent has been gained before any procedures.

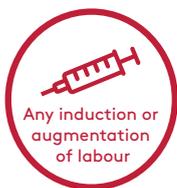
We have been practicing deep relaxation and active birthing techniques including: yoga, meditation, visualisation, rebozo, acupressure, massage, fit ball and partner work.

We wish to birth with as little disturbance, and as much encouragement as possible.

## Please allow us to:



## Please avoid suggesting, unless medically necessary:



## Please know:



Thank you for your support, co-operation and encouragement during this beautiful and special time in our lives.