Creating the best Birthing Opportunities

1. Know your real options. Write your own birth plan

2. Enjoy the fun and adventure of childbirth education classes

Giving birth is an adventure. Join us as we go through this exciting and amazing journey together

3. When labour begins on its own, mom and baby's bodies are prepared and ready for birth. Trust and listen to your body

4. Stay as upright as you can during labour and keep moving. Work with gravity

5. Choose someone to be your support person to labour with you

6. Use as many natural comfort and pain control measures as you can to avoid as many interventions as possible

7. Listen to your body during labour and especially when pushing. Push naturally and not the purple pushing (holding your breath) way

8. By allowing your baby to go through the nine instinctive stages immediately after birth you increase the bond between you and your baby as well as having a higher success rate with breastfeeding

9. Practice skin to skin to maximise the benefits for baby, mom and dad at birth and beyond

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