



BIRTH

A POSITIVE BIRTH IS DIFFERENT FOR EVERYONE.

YOU ARE UNIQUE, SO TRUST YOUR INSTINCTS AND FEEL CONFIDENT DOING THINGS YOUR WAY.

YOUR CAREGIVERS ARE THERE TO MANAGE THE 'WHAT IF'S'. YOUR JOB IS TO GIVE LET YOUR BODY DO WHAT IT'S BEEN DESIGNED TO DO.

BY CREATING THE OPTIMUM BIRTHING ENVIRONMENT FOR YOU TO FEEL RELAXED AND COMFORTABLE, YOU WILL POSITIVELY INFLUENCE YOUR EXPERIENCE OF LABOUR.

BE KIND TO YOURSELF AND DO WHATEVER YOU NEED TO DO.

