



the

NATURAL BIRTH

CHECKLIST

CLEAR ON THE TYPE OF BIRTH YOU WANT AND WHY

CHOOSE A BIRTH TEAM THAT SUPPORTS NATURAL BIRTH

BE VERY CLEAR AND SPECIFIC ABOUT WHAT YOU WANT AND COMMUNICATE THIS WITH YOUR BIRTH TEAM

CHOOSE WHO ELSE WILL BE AT THE BIRTH (FAMILY, FRIENDS, PHOTOGRAPHERS).

LET WHOEVER ELSE WILL BE AT THE BIRTH WHAT YOU NEED/WANT FROM THEM

RESEARCH ABOUT TESTS AND ULTRASOUNDS AND CHOOSE WHICH (IF ANY) YOU WOULD LIKE TO PARTAKE IN

PRACTICE THE "ICE EXERCISE"

ADDRESS ANY FEARS IN OUR MIGHTY NETWORKS GROUP OR WITH SOMEONE YOU TRUST

REMIND THE BIRTH TEAM THAT YOU DO NOT WANT TO BE OFFERED PAIN MEDICATION OR DISCUSS TRANSFERRING TO THE HOSPITAL (IF A HOME BIRTH) WHILE IN LABOUR.

ONCE IN LABOUR, STAY AT HOME FOR AS LONG AS POSSIBLE IF GOING TO A BIRTH CENTRE OR HOSPITAL.

USE NATURAL METHODS TO COPE WITH THE PAIN LIKE WATER AND HEAT.

