

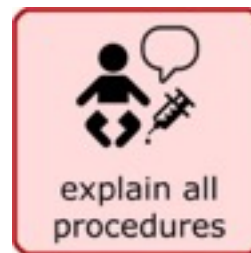
Dear Staff,

We are looking forward to a calm and gentle birth. Please find below an outline of our ideal birth preferences. This is our third baby and we are aware that unexpected things can arise and that plans may change. We are happy adapt for interventions that are medically necessary once they are fully explained and understood.

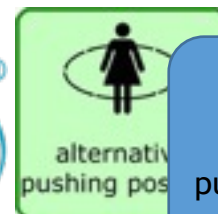
Thank you.



Playlists +
Hypnobirthing
tracks



No Cannula
unless
medically
necessary or
epidural



Ideally no
coached
pushing please



EPIDURAL.

As a last resort
please



No Pethidine

Peanut ball + epidural



Thank you so much for helping us to make the birth of our last baby as special and relaxed as possible.