

# Kym & Ian's Birth Wishes

We have chosen the RPA Birthing Centre because it is an institution with knowledgeable and compassionate staff, that shares our desire for a low intervention birth. We have created this poster to help communicate our philosophy and the kind of care we hope to have for our birth. We look forward to sharing this experience with you and appreciate all of the kind and encouraging care that you can provide.

**LOW RISK PREGNANCY** - We are well-prepared and educated in The Bradley Method and have done everything we can to stay healthy and low risk during this pregnancy

**NATURAL BIRTH** - We wish for as natural birth as possible, avoiding unnecessary procedures and medications

**ALWAYS TOGETHER** - It is important to us that we remain together at all times during labour and delivery, and that our baby be handed to us immediately after birth for bonding and breast-feeding

**PEACEFUL ENVIRONMENT** - Please help us maintain a peaceful environment with dim lights, low noise and minimal interruptions

**FREEDOM OF MOVEMENT** - Mum would like to be free to move around during labour and delivery, and would like to try different positions

**TIME TO LABOUR** - We prefer that labour be allowed to progress at a natural rate with no artificial time constraints on any stage

**OPEN COMMUNICATION** - We trust that you will keep us informed of how the labour is progressing and should a complication arise, that you will explain the situation, our options and answer our questions so that we can make an informed decisions

## Relax

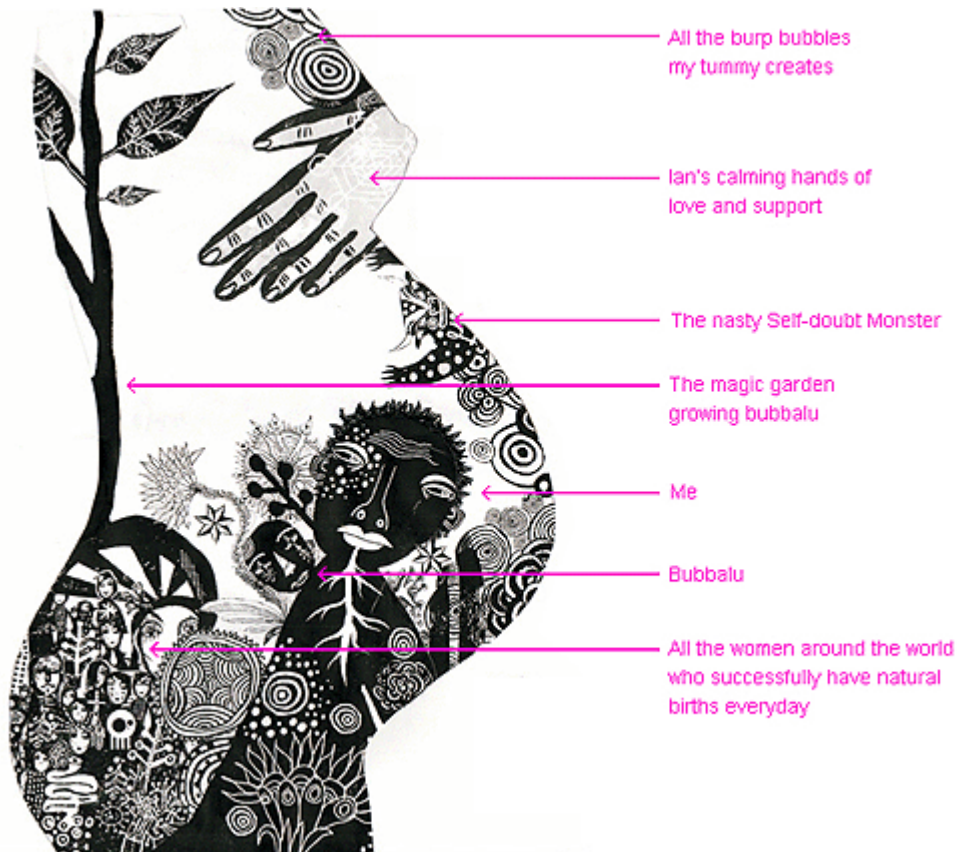
- Music
- Gentle stroking
- Foot massage
- Darkness and solitude
- Breathing deeply
- Hot bath

## Remind

- Trust your body, give in
- Close eyes, breath deeply
- Relax jaw
- Change positions
- Drink
- Go to the toilet

## Encourage

- We'll see bubbalu soon
- Praise, praise, praise
- I believe in you
- Your giving our baby the best possible start to life





# MATHOP the COW GODDESS BIRTH!

IT'S A MAGICAL, MYSTERIOUS MOMENT OF WONDER AND ASTONISHING POWER... A PERFECT CONFLUENCE OF TIME! TEMPERATURE! AND A CONVENIENT BATH OF HORMONES! (AND PLEASE, NEVER DISCOUNT THE PULL OF THE MOON!)

THE BODY BEGINS TO RHYTHMICALLY CONTRACT AND EXPAND THE BABY TURNS AND TWISTS TO DESCEND AND THEN...

RIGHT IN THE MIDDLE OF ALL THIS MAGIC! AND MYSTERY! AND POWER!

