

# 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