10 Points to Remember About Birth

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Talking Points

- A handy guide for moms-to-be as they prepare for labor. Print out pages 20-21 for any pregnant patients who might enjoy a short, supportive explanation of the ways they are both already prepared, or can prepare, for their best birth experience. Some pieces of advice include, "Be with people who think you can do it," and "Allow yourself to receive all the love and support around you." Each piece of advice includes some helpful explanation

Resources

Full references for each article are available at http://pathwaystofamilywellness.org/references.html

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