

WHAT'S INCLUDED IN THE ANTENATAL VISITS ?

My antenatal support and education sessions cover all aspects to best prepare you and your birth partner for labour and birth:

- Creating a personalised **birth preference** list and birth map.
- **Discussing prior birth experiences** and any concerns or fears.
- **Teaching techniques** such as visualisation, relaxation, positive affirmations, positioning, and massage.
- **Understanding changes to your body** as labour approaches and the stages of labour.
- **Exploring perceptions of pain** and various pain relief options (both medical and non-medical).
- Setting up your **birth space** to maintain a calm, oxytocin-friendly environment.
- **Equipping your birth partner** with practical tools to support you during labour.
- **Navigating potential interventions** and making informed decisions during labour.
- **Preparing for postpartum** to ensure a smooth and supported recovery.

a Doula's Touch