

## Each visit we will cover topics that are related to labour, birth & early parenting

### 1<sup>st</sup> Visit (antenatal)

Date \_\_\_\_\_

- Get to know each other
- Discuss your goals for your birth
- Explore your birth options
- Review/Debrief prior birth experiences

### 2<sup>nd</sup> Visit (antenatal)

Date \_\_\_\_\_

- Develop your birth plan and intentions
- Explore Stages of Labour
- Explore & understand possible medical interventions
- Understand each person's role in the birth team
- Making informed decisions
- Learn about the different models of care
- Own preparation for a natural birth experience
- Express fears & concerns

### 3<sup>rd</sup> Visit (antenatal)

Date \_\_\_\_\_

- Review birth plan
- Review pain management options
- Partner support
- Learn relaxation & active birth techniques
- Birth Positions & breathing techniques

## Labour & Birth Support

### 4th Visit (Postnatal)

Date \_\_\_\_\_

- Debrief the birth experience
- Support & Nurture with Breastfeeding
- Post-natal Support Resources

### 5<sup>th</sup> Visit (Postnatal)

Date \_\_\_\_\_

- Early parenting support
- Breastfeeding support
- Any worries or concerns for mum, partner or baby
- Postnatal support resources