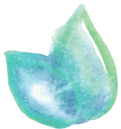


Please remember...



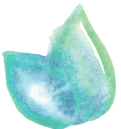
Take a moment before you enter.

Get ready to support me 100%.



I will remember this day forever.

Speak, touch and treat me with kindness.



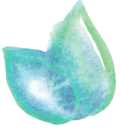
Let me make the decisions.

It's my body and my baby's birth.



Don't judge.

Only I know exactly what it feels like at this moment.



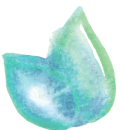
Show empathy.

Don't just sympathise. Try to really understand my feelings.



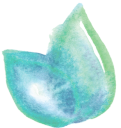
Give personalised care.

I am an individual, not a statistic.



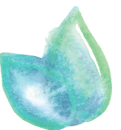
Work as a team.

Show my partner how to help me, then let him take over.



Encourage me.

You can't do the work for me but you can guide me.



Honour the process.

Some parts will be harder than others but I'll come out the other side.