

# Labour & Birth Guide

FOR FAMILIES AND CARE PROVIDERS

This labour and birth guide is meant to help you talk about the coming birth of your baby. It is also for your care providers to understand how you want to be treated and the things that matter most to you. These are some suggested topics to explore with your birth partner, support people and care providers.

Keep in mind that it's helpful to remain flexible and open to changes as labour and birth progress.

## **How to use the Labour Birth Guide**

Think about and discuss the questions on page 2 with your partner, support people, and doula. Fill in the Labour & Birth Guide form (pages 3 and 4) and bring to your care provider to discuss and get input. Make 2 final copies. Leave one with them. When you are in labour bring your copy and give it to your providers.

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