

WHAT DO WE NEED TO FIND OUT ABOUT?

POSITIVE AFFIRMATION

My Baby is born easily and gently

I open myself to the beautiful
process of birth

My baby is in the perfect position
to be born safely

My cervix opens up like a flower
I love giving birth

I trust my beautiful body to give
birth effortlessly

USEFUL INFORMATION



Ripple Effect Yoga

WHAT DO WE NEED IN OUR BIRTH BAG?

WHAT WILL MY PARTNER NEED?

WHAT ELSE?

WHAT WILL THE BABY NEED IN THEIR BAG?

MUSIC—IPOD etc

CAMERA

SPARE CHANGE

MOBILE PHONE

**TELEPHONE NUMBERS OF NEAREST &
DEAREST**

BOOK / MAGAZINE

PACK OF PLAYING CARDS

WATER

ARNICA 200c—Helios