



M Y I D E A L B I R T H

Are you connecting with your baby on a daily basis, if not, are you looking for more ways to?

Are you using any visualization or relaxation methods during your pregnancy to prepare for birth?

How do you picture labor beginning?

Are you holding on to any fears associated to the start of labor?

How do you picture labor progressing?

Are you holding on to any fears associated with the progression of labor or delivery?

Do you have a vision for positioning for labor?

Do you have a vision for positioning during birth?

Do any particular positions make you uncomfortable during your pregnancy?

Are you comfortable speaking about any and all concerns with your doctor or midwife?

Do you enjoy essential oils?

Are you comfortable with touch and massage?

Have you discussed options for pain relief and are you confident in your current path for a medicated, unmedicated, or natural birth?

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