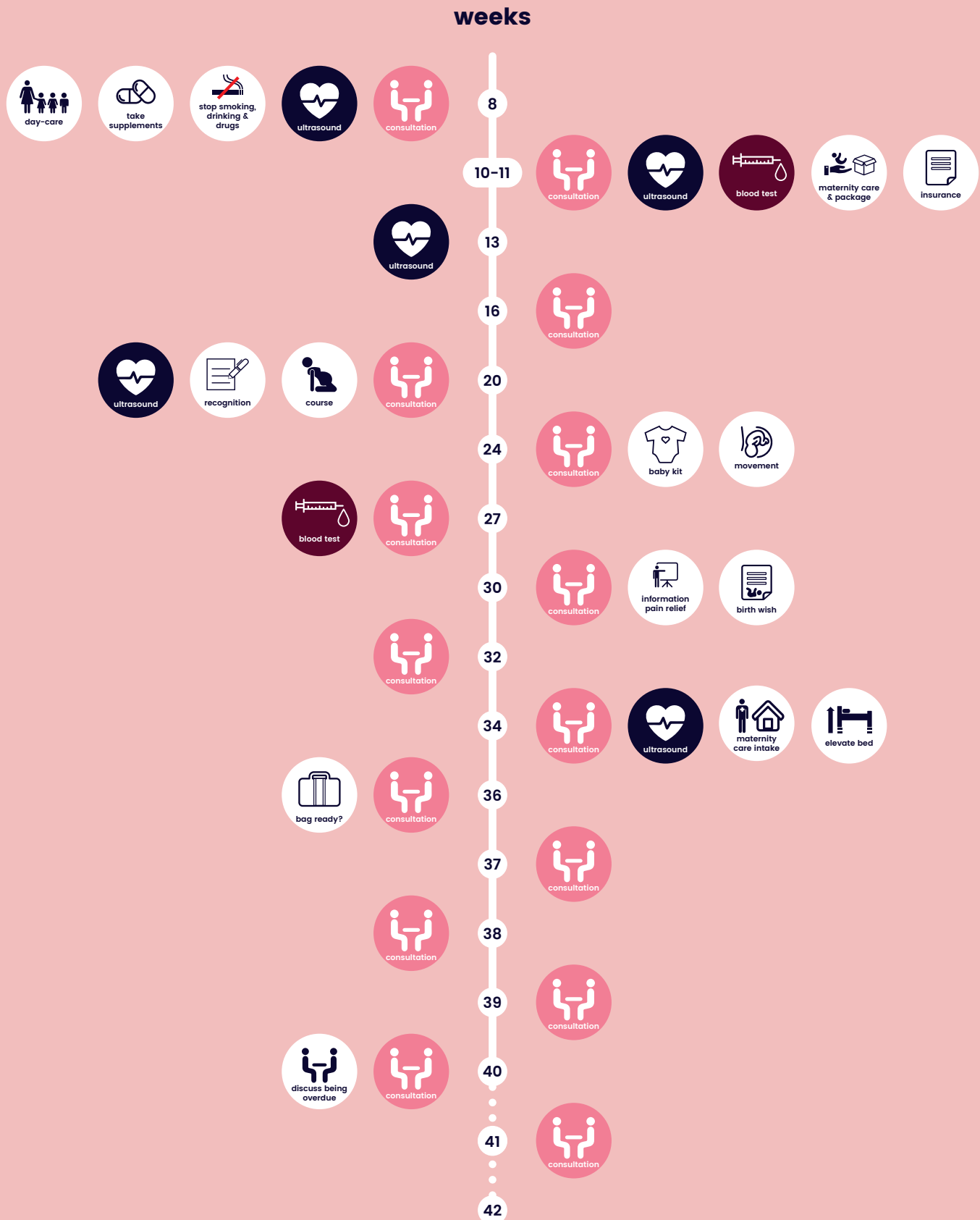


Step-by-step plan



This is where you can write down your birth wishes



Birth wishes of: _____

Where would you like to give birth? Home/Hospital

Positions during labor

Pain relief during labor

Feeding: breast or bottle

Wishes in case of medical delivery

Other wishes/comments