Step-by-step plan

weeks ******** insurance 10-11 13 16 course 20 Movement movement 24 27 **1** 30 32 maternity care intake elevate bed 36 37 38 39 discuss being overdue 40 41 42

This is where you can write down your birth wishes

Birth wisnes of:	
Where would you like to give birth? Home/Hospital	
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	
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	,
Other wishes/comments	
)