



Birth wishes

Birth
location

What
poses
would I
like to try

What
helps me
relax

How do I
deal with
pain

I (we)
look
forward
to...

I look up
against...

What is important for the healthcare provider to know

important for when the baby is born

Breast or bottle feeding?

What do I expect from my partner?

What is important for me in the maternity period

What's also important for me: