COBWEB CLEARING

1. Write down all the reasons (at least 5 main ones) why you chose a home birth.



2. How do you visualize your perfect birth? Describe the environment, the energy in the room, the people, your body sensations, your emotions, etc.		



3. What interventions do you absolutely want and absolutely don't want? For example: being offered food, suggestions of positions, cutting of the cord, skin to skin, herbal medicine, etc.		



4. What is your role in your birth?
5. What do you expect of your partner?



. What o	do you ex	pect of y	our mid	wife?		
. What o	do you ex	pect of y	our dou	ıla?		



and imm	ediate post	partum?	wiii support y	
u consider ou feel abo		sibility of dea	ath or birth d	efects?



transferring? How do you feel about those?



have any.



12. Is there anything bothering you lately? (For example: unsupportive people, an unfinished house renovation, your other children behaving strangely, lack of sleep) How can you get help or have your needs met in those areas?		

