

MY PERFECT BIRTH ENVIRONMENT

PLANNED LOCATION:

BIRTH PARTNER(S):

WHAT I WOULD LIKE TO INCLUDE IN MY BIRTH SPACE:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

LIGHTING:

SOUND:

ADDITIONAL NOTES:

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PLANNED LOCATION:

birth centre

BIRTH PARTNER(S):

Dan, my partner

WHAT I WOULD LIKE TO INCLUDE IN MY BIRTH SPACE:

birth ball

birth pool

eye mask

snuggly socks

aromatherapy oils

tens machine

my favourite pillow

cosy blanket

do not disturb sign

birth affirmations

fruit juice

yummy snacks

LIGHTING:

lights to be dimmed.
fairy lights

SOUND:

music & hypnosis
MP3s. silence during
contractions.

ADDITIONAL NOTES:

minimum amount of people in the room, calm & quiet environment