



Janine Smith

WORKING WITH PARENTS SINCE 2002

If you are to have a Caesarean...

What questions might you need to ask?

What can you do to stay calm?

What do you need for your recovery?

Notes & Questions

If you have any questions about preparing for the birth of your baby, if you are feeling anxious and in need of more in-depth information, support and reassurance, please don't hesitate to get in touch with me for 1:1 sessions, email/phone support.

Written by Janine Smith – a specialist in pregnancy, birth and early parenting