



Janine Smith

WORKING WITH PARENTS SINCE 2002

Birth Environment - it can be beneficial to think about...

Do you feel safe, comfortable and calm?

Are you warm enough?

Does the light need switching down?

Is it quiet enough?

Are there too many people in the room?

Are you on your own? Do you need a midwife with you?

These simple things can have an impact on how you feel in labour so it is always worth looking at what change could be needed, especially if you are struggling to focus or to be calm and more comfortable.

What might you need when you are labouring to be more comfortable?

Notes, Ideas & 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