



Janine Smith

WORKING WITH PARENTS SINCE 2002

What can you do to manage and work with your contractions?

And think about what you might need/use to make this possible

What can you do to manage your energy?

And think about what you might need/use to make this possible

What can you do to manage your pain relief so you may still be able to benefit from gravity and movement?

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