



**Janine Smith**

WORKING WITH PARENTS SINCE 2002

**If you are to be induced, here are some issues to think about...**

**What might you need to take into hospital with you?**

**How can you relax and look after yourself as you wait for labour to start?**

**If you are in a shared induction suite, how do you look after your space?**

**If you are told to be on a bed, how do you manage this and what are your options?**

## 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**