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Positive Birth Movement

~~Visual Birth Plan from The Positive Birth Book~~

Here you can download the visual birth plan icons used in The Positive Birth Book for free to create your own visual birth plan. NEWS: The Positive Birth Book Visual Birth Plan Cards are now available for preorder - published November 28th. For more details on how to create your own VBP, see chapter 6 in The Positive Birth Book by Milli Hill.

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HYPNOBIRTHING: PRACTICAL WAYS TO MAKE YOUR BIRTH BETTER IS A BESTSELLER! Siobhan is on a mission to show women everywhere that birth can be better. And not just better, but amazing! This book is for EVERY woman growing a baby and for EVERY type of birth -- from a home water birth through to an unplanned caesarean.

Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective cae-

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"The Positive Birth Book takes expectant parents through the maze of information and choices, in a down to earth, practical, empowering, reassuring way. I highly recommend that you put your feet up, relax and enjoy preparing yourself for the birth of your baby by reading this great book."

The Positive Birth Book A new approach to pregnancy, birth and the early weeks Format: Paperback Publisher: Pinter & Martin Ltd., United Kingdom Imprint: Pinter & Martin Ltd. ISBN-13: 9781780664309, 978-1780664309 Synopsis

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 The Positive Birth Book shows how to have the best possible birth (plan), no matter what scenario life holds in place and no matter what voices one is surrounded with. Once again reaffirming the not to be underestimated mind-body connection, the well founded you-can-do-it message is all the more welcome in a moment in life when such self-empowerment is quintessential.
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The Positive Birth Book. The Positive Birth Book is loved by women (and their partners too!) for its readable, warm and funny approach to birth preparation. Packed with information about rights and choices, it has rapidly become the book most recommended by midwives, doulas and antenatal teachers.

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