

SAMMY GRIFFIN BIRTH SUPPORT

BIRTH MAPPING SESSIONS

\$100 (2 sessions)



Sammy Griffin
BIRTH SUPPORT

What is included?

And effective birth plan is one that looks at as many different scenarios as possible. So rather than a birth plan, we will create a birth map. This ensures you are informed, you know your options and you and your partner feel confident to advocate for your preferred birth.

During this session we will create 3 different documents that you can take to your provider during your pregnancy, so they are clear about the birth that you want. The three documents will be based on:

A SPONTANEOUS LABOUR PLAN

This plan will also include a short session talking about the different ways you can effectively labour at home.

INDUCTION BIRTH PLAN

CAESAREAN BIRTH PLAN

The maternal health system in Australia is constantly changing. As your birth gets closer we will have one more session to review your birth map while looking at the new hospital policies that might be in place.

