Note To Your Midwife

We have been practicing KGHypnobirthing and our focus is on a calm and natural birth. We would very much appreciate your support in this by helping us to create a calm and quiet environment at all times, both physically, mentally and emotionally, with no routine interventions and no routine vaginal examinations without fully informed consent and unless absolutely necessary. We would particularly request that no coaching is given during the second stage and that all conversation is kept to the absolute minimum.

If you have any questions, please ask ................ in the first instance, and not me. Thank you so much for your help