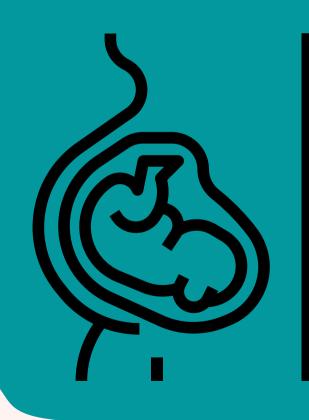
What To Think About When You Are Writing A Birth Plan

Preferences During Labour & Delivery



- Epidural or pain medication
- Anesthesia for unplanned C-section
- Interventions like forceps or vacuum extraction
- Episiotomy or natural tearing

