The importance of relationships for keeping birth normal

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“It all depends on praise”

“If the encouragement hadn’t been there, I don’t know what I would have done”

“My birth was quite normal but that was assisted massively by the midwife’s attitude”

“ They were all so calm and so lovely...they took their lead from me and my husband”

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Relationships and “keeping it normal”

What matters to women....

- Authentic connection – “being there”
- Calm approach
- Confidence
- Encouragement and reassurance
- Being listened to and heard
- Sensitivity
- Respect
- Empathy
- TRUST