i am you... and you are me

WWW.DIALOSOPHY.COM

NAME

DUE DATE

HEALTH PROVIDER

What does my birth look like?

For three minutes, write about your ideal birth in the space below. Include prenatal care, environment, positions, whether or not you want an epidural, and other personal preferences. Following this exercise, proceed to completing The Birth Plan. Please print multiple sheets if you need more space. :)