

Natural Birth

We warmly invite any women who are interested in a natural birth experience at home or in hospital; we hope that our successful births inspire and empower others to trust their bodies and **celebrate the birthing process.**

Our goals are to support and encourage empowered pregnancy leading to a natural birth, followed by a nourished, satisfied mother and child.



- We Offer:
- 👶 **Support** from other parents
 - 👶 **Coffee mornings** for information sharing
 - 👶 Up to date **Library books** and resources
 - 👶 Bi-monthly **newsletter**
 - 👶 **Birth pool** for hire
 - 👶 Promotion of **natural birth options** - Homebirth, water birth, hypno-birthing, birthing centers or hospital
 - 👶 **Sibling kit** to prepare other children
 - 👶 **Home Help** for home birth mothers

For more information please phone:
Kylie 03 218 3380 or Kate 03 221 7114

