

Natural Birth

We warmly invite women who are interested in a natural birth experience at home, hospital or birthing unit; we hope that our birth stories 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
- 👶 Encouragement of **natural birth options:** Homebirth, waterbirth, hypnobirth
- 👶 **Coffee mornings** for information sharing
- 👶 Up to date **Library books** and parental resources for hire
- 👶 Regular **newsletter**
- 👶 **Birth pool** for hire



For more information
please email: naturalbirth@mail.com
or visit www.homebirth.org.nz