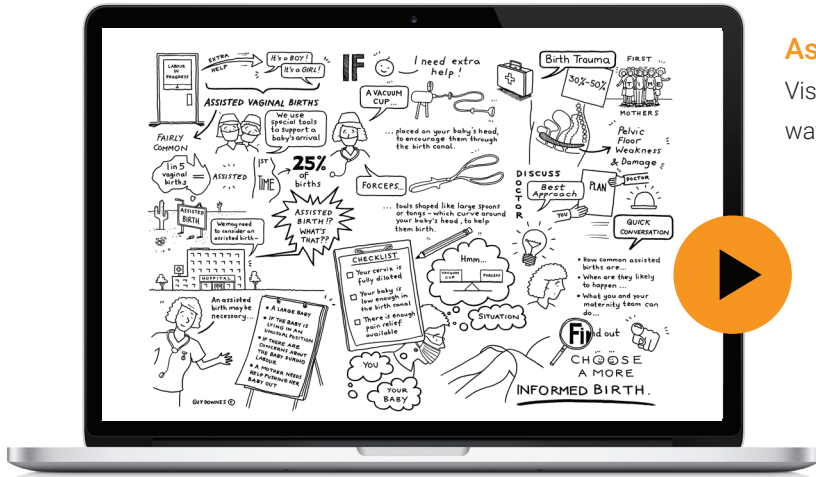


Into the Know - Informed Birthing & Assisted Vaginal Births

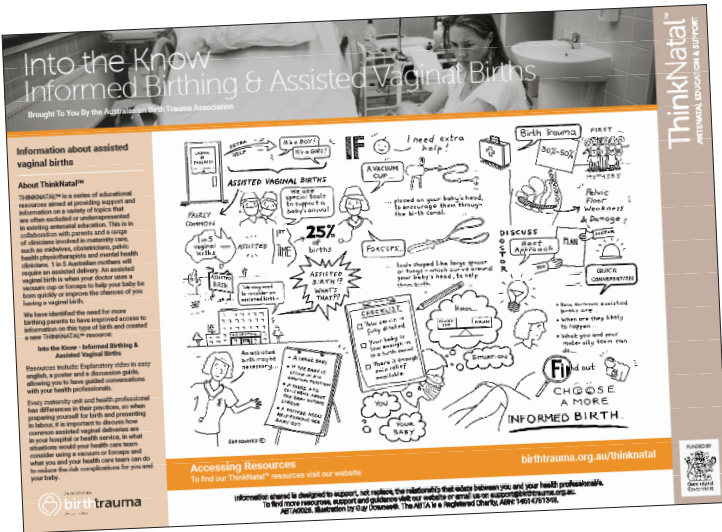
Information and Discussion Guide



Assisted Vaginal Birth Video

Visit our website or our YouTube Channel to watch our latest resource.

Assisted Vaginal Birth information and discussion guide



Downloadable A4 Poster for health professionals

You should be involved in discussions about all aspects of care that are available to you throughout pregnancy, labour and birth. Please speak to your health professional if you have questions about this information.

To find our THINKNATAL™ resources visit birthtrauma.org.au/thinknatal



The information contained in this document is intended to support informed decision making and provide you with the confidence to speak to your health professional. This information is not designed to replace that of your health professional but instead guide you to seeking advice and support relevant to your wants and needs. You should be involved in discussions about all aspects of care that are available to you throughout pregnancy, labour and birth. Please speak to your midwife or obstetrician if you have questions about this information.