Take a Stand - Birth Environment

Ask group to go to different ends of room (or somewhere in the middle) - work separately from partner (no conferring)

What do you consider to be the perfect Birth Environment?

No medical pain relief or medical pain relief

Bright lights or low lighting

Classical music or rock music

Aromatherapy oils or disinfectant

Birth Unit/home or hospital (consultant led unit)

Noisy or quiet

Busy or calm

Waterbirth or dry land

Moving around or staying still

Medical equipment ready in the room or no medical equipment in sight

Small or large room

Being on your own (with birth partners) or lots of people in the room

Relaxed attitude or checking the clock

Doctors or midwives

Relaxed or tense

Thinking about the birth process or listening to your body

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