



AMMA
PARENTING CENTER

Birth Wish List

How do you envision your ideal birth? What is most important to you? Although you may not be able to control exactly what happens, you can think about what types of support will make you most at ease.

Words I would like to hear in labor:

Ways I'd like to be comforted:

If I am afraid, this is what will reassure me:

What else is important to you when you think about the day you give birth?