

# Natural Birthing - Intact Bonding

To be used in conjunction with other labour sheets in this series

Nature expects baby to easily descend through mum's body into her arms with a minimum of fuss. Leaving Well Alone is the mantra here. Baby will come when s/he & mum are ready to continue their relationship independently. Any interference, especially of the 'possible problem' nature, is not helpful.

## HOW TO ENSURE A NATURAL BIRTH → PHYSIOLOGICAL MAMMALIAN BONDING



## MATERNAL RECIPE FOR OPTIMAL PREGNANCY & BIRTH

