



5 THINGS YOUR *midwife* WANTS YOU TO KNOW

1

Trust your instincts. Pick the advice that works and disregard what doesn't.

2

Connect with your midwife as early and regularly in your pregnancy as time allows.

3

Don't listen to terrible birth stories. Do your own research and know everyone's experience is different.

4

Your midwife is there to support and guide you. They have your best interests at heart.

5

A good midwife will empower you with confidence to start your journey as a mum.