



Birthing Better: Achieving a Positive Birth

Table of Contents

GOOD BIRTH/BAD BIRTH	1
POSITIVE BIRTHS AND PAIN.....	2
POSITIVE BIRTHS AND “NATURAL” BIRTHING.....	4
POSITIVE BIRTHS AND MEDICAL CARE	5
POSITIVE BIRTHS AND HEALTH ISSUES	6
POSITIVE BIRTHS IN ANY PLACE.....	7
POSITIVE BIRTHS AND COMPLIMENTS	8
BIRTHING BETTER PRODUCES LESS TRAUMA....	9
BIRTHING BETTER=A POSITIVE BIRTH.....	10
INTO THE NEXT GENERATION	12
YOUR POSITIVE BIRTH.....	12

