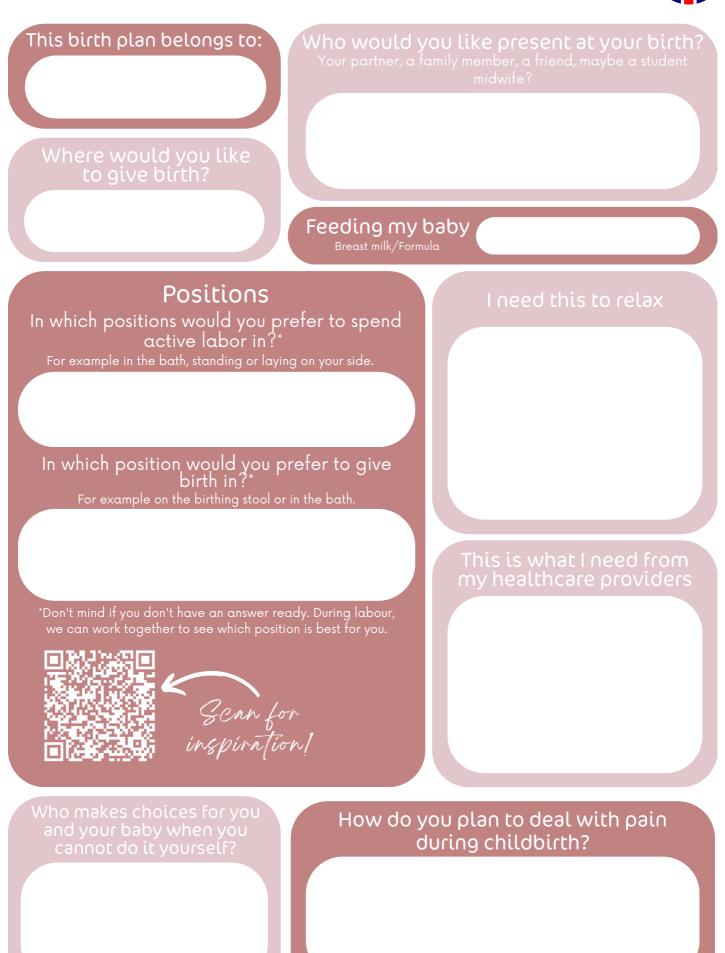
# Birth plan





#### I worry about:

### When things unexpectedly turn out differently, the following helps me:



### Τίρ!

Also make a maternity plan outlining what you like during your maternity week. For example, think about visits, rest and check-ups.



## Do you have any other requests or wishes?



### What do you think is important after childbirth?