Vision to Action

Vision communicates our needs, clarifies our desires, guides our preparations, and expands our possibilities.

In one enticing sentence that excites me/us, my/our vision for for pregnancy, birth, our baby's first moments, the first week postpartum, our family (circle one) is: _____

_____

_____

_____

Key Elements: What three elements of this vision are most important?

How can those who care for us help?

Partner/Spouse -

Doula -

Nurse -

Doctor/Midwife -

Others -

To prepare for this we will:

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