

# A-Z Self-help for Childbirth


Add one or more ideas for each letter. What may help to make yourself or your partner more comfortable during childbirth?



A .....	N .....
B .....	O .....
C .....	P .....
D .....	Q .....
E .....	R .....
F .....	S .....
G .....	T .....
H .....	U .....
I .....	V .....
J .....	W .....
K .....	X .....
L .....	Y .....
M .....	Z .....

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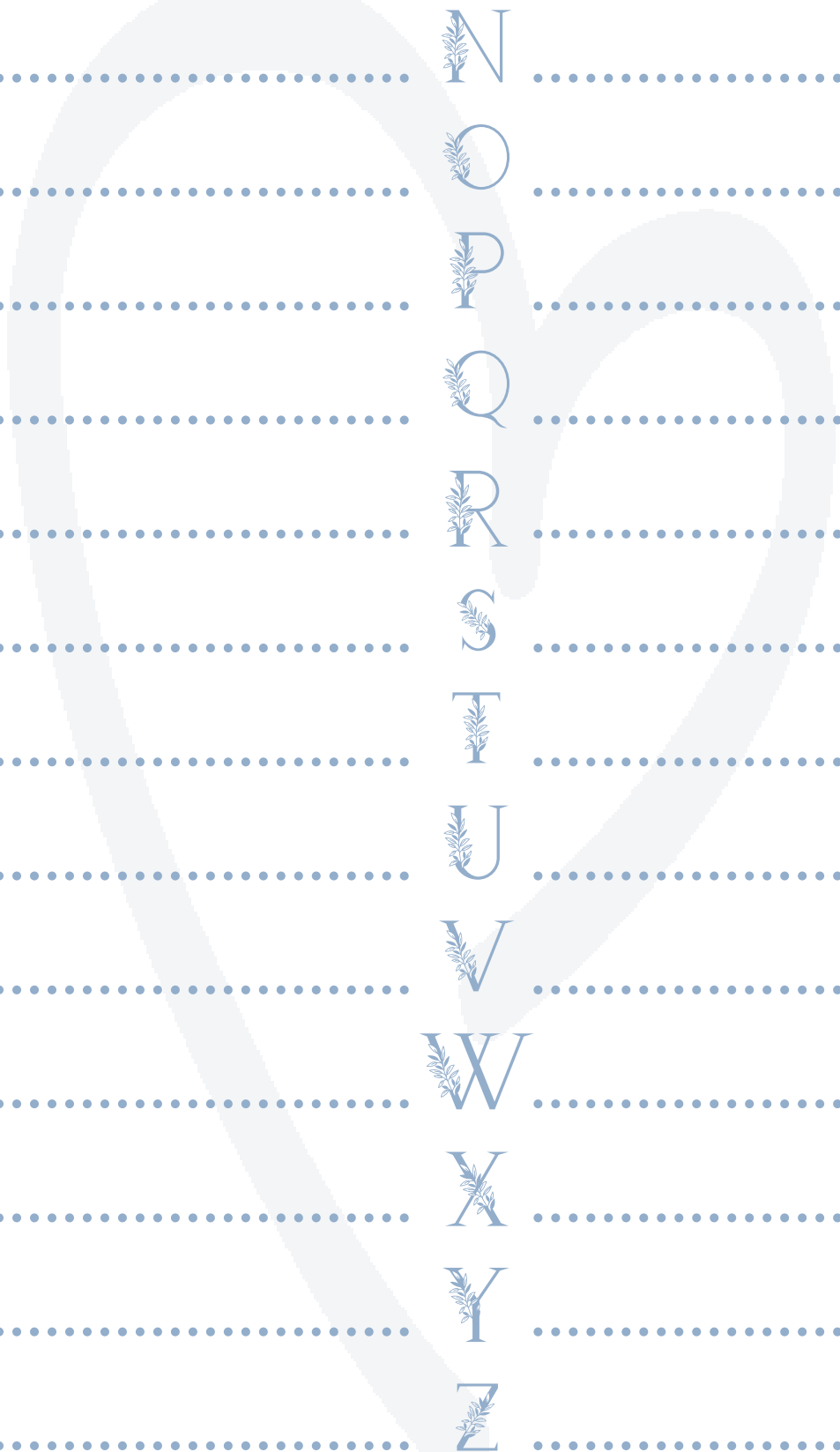
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