

I'm not robot!



Our Birth Plan

One important part of being a sustainable and responsible citizen is the way that you live. Here are 12 ways that you can reduce your environmental impact and live a greener life.

One strategy is to have a smaller home, in the event that a city is eventually rendered uninhabitable due to the effects of climate change, it is better to have a smaller home that is easier to move than a large one.

Small home, better life

<p>smaller home, better life</p>	<p>reuse water</p>	<p>recycle</p>	<p>reuse</p>
<p>renewable water</p>	<p>reuse water</p>	<p>recycle</p>	<p>reuse</p>
<p>renewable water</p>	<p>reuse water</p>	<p>recycle</p>	<p>reuse</p>
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12 ways to reduce your environmental impact



the bump birth plan  TheBump.com

Your birth plan communicates your preferences for labour, birth and the immediate postnatal period, to the midwives and doctors who may look after you. It is important to remember that a birth plan is a flexible document. It is a list of preferences, which your midwife will work with you to keep. However, it is possible you may move away from your original plan if your choices or circumstances change on the day; or for the safety of you and your baby. This is why it is a good idea to have a full understanding of all directions your labour might take, so that you can make informed choices ahead of time. Some of the topics you should research include: Where you want to give birth Who you want to support you through birth What you would like to do if you need to go to hospital What you would like to do if you are going home

There is a lot to think about, and it can be a bit of a minefield knowing where to look for good quality information that will help you make positive, informed choices that best suit your individual circumstances. Firstly, speak with your community midwife and her friends who have recently given birth in the local area – they will be able to help you with some of the practical information. Find quality online sources of information. Some good examples include [www.babycentre.co.uk](http://www.babycentre.co.uk) or [www.emmadiary.co.uk](http://www.emmadiary.co.uk) and of course [www.newlifeclases.com/](http://www.newlifeclases.com/). Finally, one of the best places to get the information you need to help you plan your birth preferences is by joining a local antenatal class. Ideally go for a class which is midwife-led and focuses on delivering evidence-based information. Check our classes page to find a local antenatal class near you. This page includes links to our free antenatal course and digital antenatal courses for anyone living outside of Bristol or Bath. Alternatively, the NHS offer a few hours for free too, speak to your community midwife for more information. Remember, your birth preferences are yours and you can always change them at any point. There are also many other sources of high-quality information. Some things to think about when choosing your perfect birth partner (or two). Extra reading: Look after your emotional wellbeing too! Free antenatal courses focus on your physical and practical choices, but there is also a growing emphasis on mental health and wellbeing plan focuses on your emotional health and wellbeing. A pregnancy and post-birth wellbeing plan is useful for people who feel nervous, anxious, unhappy and in some cases mentally unwell. It's important to recognise your feelings and seek help early, if you need it. This plan helps you think about the support you may need to look after your mental health and wellbeing. Download: Tommy's pregnancy and post-birth wellbeing plan If you like writing a journal, you may find The Positive Planner a great way to keep on top of your wellbeing. It's packed with illustrations, inspirational quotes, art therapy and mindfulness activities as well as practical organisational tools that help you stay on top of day-to-day activities, like meal planning and making sure you're drinking enough water! Support organisations If you are struggling about or mentally distressed, please don't suffer in silence, you are definitely not alone, and there are amazing organisations who can lend a hand to support you including: Mind, Samaritans, Rethink, DASH Foundation offer specialist support for pre and postnatal depression. Their helpline number is 0800 679 999. The help line number is 0800 679 999. Mind has a men's helpline 0800 679 999. National Mental Health Charities and Befrienders both have helplines and sessions both in pregnancy and postnatal. Community and women's groups, midwife and doctors who you know, your birth plan available on

telling others about the type of labour and birth you'd like to have, what you want to happen, and what you want to avoid (NHS 2018a). A birth plan is not set in stone. It needs to be flexible and acknowledge that things may not go according to plan (NHS 2018a). For example, you may plan to have no birth pool available on

Multi-investigator groups: Extramural research units of the South African Medical Research Council: Precision and Genomic Medicine. Molecular Mycobacteriology MarketingTracer SEO Dashboard, created for webmasters and agencies. Manage and improve your online marketing