



Path to Parenthood Videos

Scan the QR codes to view helpful
maternity videos

16/40

Preparation for
Pregnancy



24/40

Preparation for
Labour and Birth



32/40

Preparation for
Parenthood



Perineal massage



Homebirth



Twins



Caring for you
& your baby
following birth



Packing a hospital
bag & writing a
birth plan



Maternity
Relaxation
Session

