



Homework for Session 5

1. Discuss the attached Labour and Birth Guide with your partner/support person
2. Complete the Labour and Birth Guide
3. If you wish to be part of the Labour and Birth Guide study, complete the attached consent form
4. You are welcome to use the birth guide without being part of the study
5. Bring sheet to next session if you want it in your chart, with the consent form if you wish to be part of the study