

UNLEARNING MISCONCEPTIONS

What do you already know about birth?

When you think about birth, what do you picture? What emotions do you feel?

Where did you get those images and perceptions from?

What ideas did you get from TV, stories from friends and relatives etc?

What are some common myths about birth?

What is some advice for pregnancy, birth and parenting you have heard recently?

What do YOU think about what you have heard? What would you choose to do?

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