

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 | |
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| L | | Y | |
| M | | Z | |

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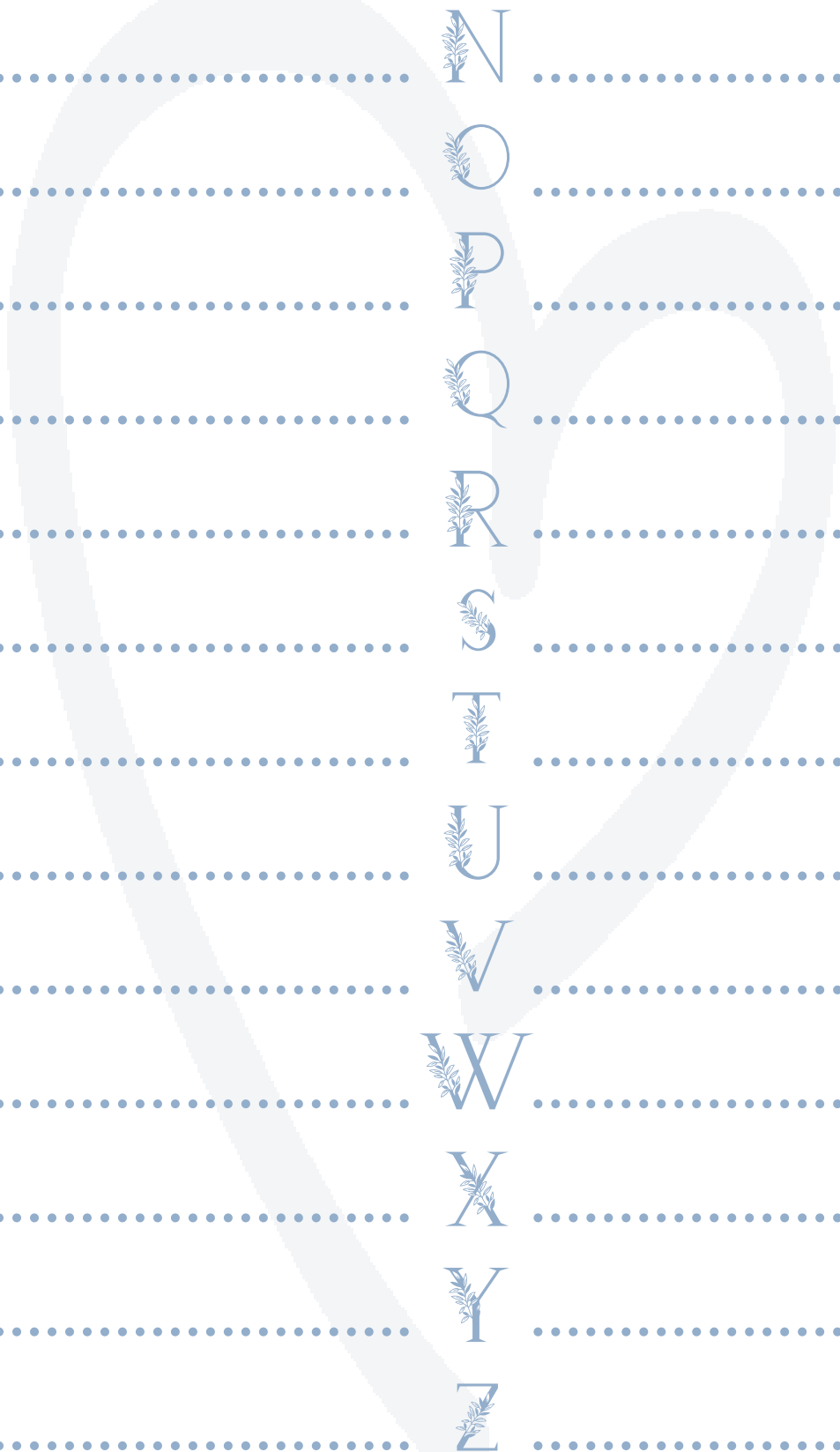
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