



mystri
MUMMA

CREATING THE RIGHT ENVIRONMENT

SIGHT

- dim lights
- decorative/ fairy hanging lights
- affirmations in sight
- reminders

SOUND

- listen to relaxations
- birth partner to recite affirmations

SMELL

- wear partners clothes
- essential oils

TOUCH

- your partner's hand
- anchors you may have practiced

NUTRITION

- eat during labour
- keep hydrated