

Exploring Birth Options

Complete chart by watching the videos at <http://www.mothersnaturally.org/videoSeries/>

Include emotions and thoughts of both mother and father and the effects on the mother which occurs during these birth options. The students are to research three additional birth options.

		Emotions/Thoughts	Effects on Mother/Father
Exploring Birth Options	The Experience of Birth		
	A Midwife's Role: Infused with Care		
	Why I Chose a Home Birth		
	Moving Through Fear and Pain to Strength		

Name _____ Period _____ Date _____

		Emotions/thoughts	Effects on Mother/Father
Exploring Birth Options	The Family Bond		