

# Birth letter

The birth letter gives you and your partner/other support person the opportunity to share information that can help the medical team and guide them on how to give the best possible care and support.



Name:

Personal number:

Partner/other support person:

Is there anything special the care giver needs to know about you, in order to give you best possible care during birth and the days following the birth of your child?

How have you prepared for giving birth?

Do either of you have any experience of child birth?

# Födelsebrev

What are your thoughts regarding pain and painrelief?



Do you or your partner have any extra needs or preferences that the medical team can help you with?

What are your thoughts about breastfeeding?

Other considerations: