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The Positive Birth Book shows how to have the best possible birth (plan), no matter what scenario life holds in place and no matter what voices one is surrounded with. Once again reaffirming the not to be underestimated mind-body connection, the well founded you-can-do-it message is all the more welcome in a moment in life when such self-empowerment is quintessential.

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Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book shows you how to have

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the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean.

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The Positive Birth Book. The Positive Birth Book is loved by women (and their partners too!) for its readable, warm and funny approach to birth preparation. Packed with information about rights and choices, it has rapidly become the book most recommended by midwives, doulas and antenatal teachers.

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The Positive Birth Book Packed with information on how to plan your birth and have a positive birth experience in every eventuality, Milli Hill's bestselling book contains all the Visual Birth Plan icons and a full explanation of how to use them to build your ultimate birth plan. Available from Amazon and all good book sellers.

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Here you can download the visual birth plan icons used in The Positive Birth Book for free to create your own visual birth plan.

NEWS: The Positive Birth Book Visual Birth Plan Cards are now available for preorder - published November 28th. For more details on how to create your own VBP, see chapter 6 in The Positive Birth Book by Milli Hill.

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The Positive Birth Movement was set up in 2012 by Milli Hill, who has gone on to author two bestselling guides to childbirth. She speaks globally on women's experience in the birth room and has appeared on BBC Radio 2, BBC 5 Live, talkradio, and many leading podcasts including Deliciously Ella and The Irish Times

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~~Early Weeks~~ Women's Podcast. She regularly writes and comments on birth in the UK media and is currently developing an online course to empower pregnant women in their choices.

~~Positive Birth Movement~~

Committed to empowering women and their birth partners to create positive birth experiences. On a mission to make hypnobirthing more accessible for everyone. Home of the world's most affordable and accessible online hypnobirthing program. Monthly group Hypnobirthing classes in London, Devon, Birmin

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HYPNOBIRTHING: PRACTICAL WAYS TO MAKE YOUR BIRTH BETTER IS A BESTSELLER! Siobhan is on a mission to

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“The Positive Birth Book takes expectant parents through the maze of information and choices, in a down to earth, practical, empowering, reassuring way. I highly recommend that you put your feet up, relax and enjoy preparing yourself for the birth of your baby by reading this great book.”

~~Milli Hill — Author, journalist, and founder of The ...~~

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