

CONCLUSION

MODULE 7

After months of waiting and maybe when you least expect it, your labour finally begins. When this happens, you will know that the time has come and that soon you will hold this baby that you wanted so much in your arms.

Like many women, you may feel surprised, nervous, or even a little anxious. All these feelings are normal.

Giving birth is a unique moment and not experienced the same way for everybody. The more you know about childbirth, the more confidence you will have and the more pleasant the experience will be for you and your partner.

When you finally hold your baby in your arms, you will know that it was all worth it.

