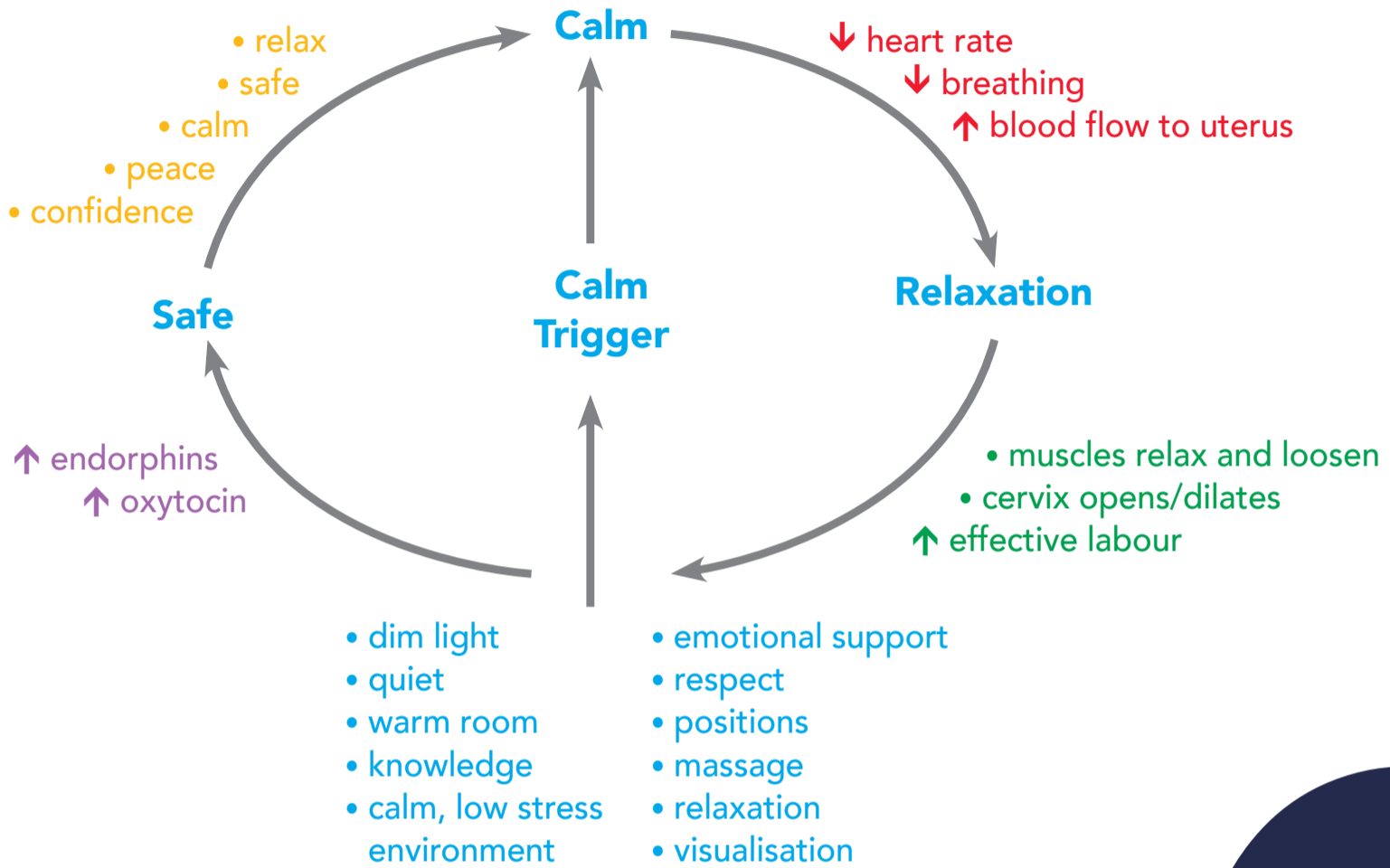


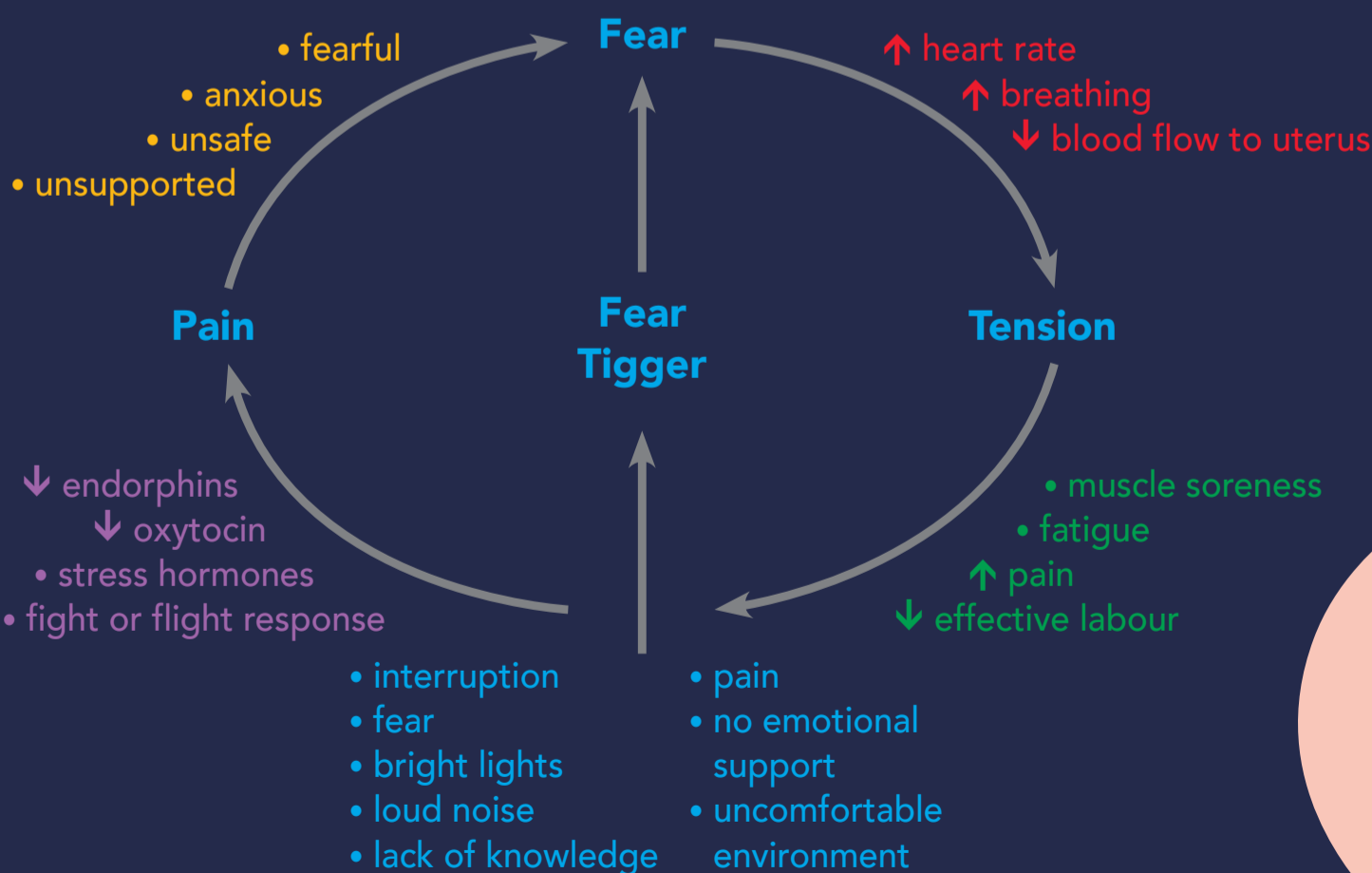
# Thoughtful Childbirth for Everyone

## Labour Calm Fear Cycle

### Calm – Safe Cycle



### Fear – Tension Cycle



Expectant Mother's  
Guide Journey App



**EXPECTANT**  
mothers guide



we know you care

