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chance to learn what hypnobirthing is how it may help you and we share a few handy hints for birth learn more it s free

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the mental side of birth preparation tokyo doula support Sep 30 2022 in recent doula cafe we focused on the topic preparing mentally for labour there are 2 aspects to this the practical side and the physical side with the practical side knowing beforehand what policies and procedures are in place in your hospital clinic can be very important

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