

My Birth Matters: Videos

Your Birth Team: Lucy, a labor and delivery nurse, discusses the importance of having a strong birth team. Your birth team is likely to include your doctor and your family, and may also include a labor and delivery nurse, midwife, doula, and a child birth educator.

<https://www.youtube.com/watch?v=7ZoIC8HV2I4> (2 minutes, 8 seconds)

