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=7ZolC8HV2l4 (2 minutes, 8 seconds)

mybirthmatters.org

If you want a healthy birth for your baby, it helps to have a strong birth team. Start building your birth team today. 
#MyBirthMatters