

Letter to a Labor and Delivery Nurse

Written by Lydia Fong Waggoner

Monday, 01 September 2014 00:00 - Last Updated Friday, 15 September 2017 09:29

Despite the amount of love and skill you bring to a birth, a gap a disconnect can exist between you and the mother-baby pair. I write this letter in hopes of contributing to the closure of this gap through open communication and genuine collaboration between birth professionals and expectant families.

Please know that

I will be an active and equal partner throughout this birth.

I make decisions based on accurate information and knowledge of my unique body I wilal a

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