



Dear Head of Midwifery

As a mum-to-be, I am very much looking forward to meeting my baby soon. When the time comes I want to do all that I can to make my birth experience as calm, natural and as straightforward as I possibly can, specifically...

- ✓ I want to make my labour and birth easier for myself and my baby
- ✓ I want to minimize the risk of complications during labour and birth
- ✓ I want to give myself the best chance of a natural birth
- ✓ I want to use unrestricted, instinctive and natural movements
- ✓ To achieve all of the above I really want to remain mobile and to choose my own comfortable, upright positions during labour **AND** during the birth.

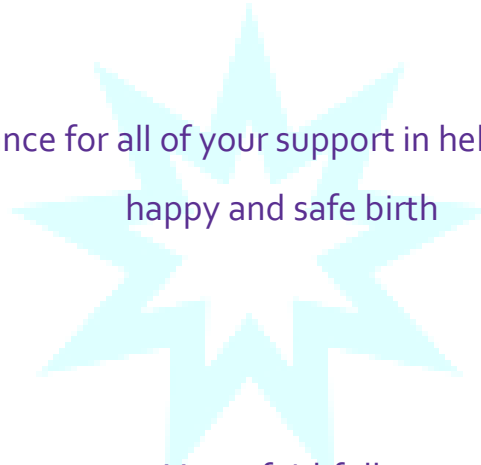
Staying upright and mobile during labour and birth has been proven by worldwide, extensive research to make giving birth safe and healthy for us both. With this knowledge in mind I have been researching ways to achieve the best birth for my baby and me and have discovered the **Comfortable, Upright Birth (CUB) support**. This is a versatile inflatable support designed to support me in different, upright positions during labour and during the birth.

**I would therefore like to kindly ask you to provide access to a CUB support during my labour and birth.**

Further information on The CUB can be obtained via

[www.cub-support.com](http://www.cub-support.com)

Many thanks in advance for all of your support in helping us to have a healthy,  
happy and safe birth



Yours faithfully

Our named midwife is:

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Our chosen place of birth is:

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If required please contact us via:

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