

Important information to know about me

- I can make my own decisions
- Talk to me about the different options
- Give me information the way I like
- Do not give me lots of information at once
- Give me time to think about my decision

I want you to give me information by (you can tick more than 1):

- Talking to me
- Writing it down
- Using pictures
- Using videos
- Using sign language



Useful Contacts

Write down the names and phone numbers of people that are caring for you. This could be your midwife, GP or obstetrician.

Name

Phone Number

