



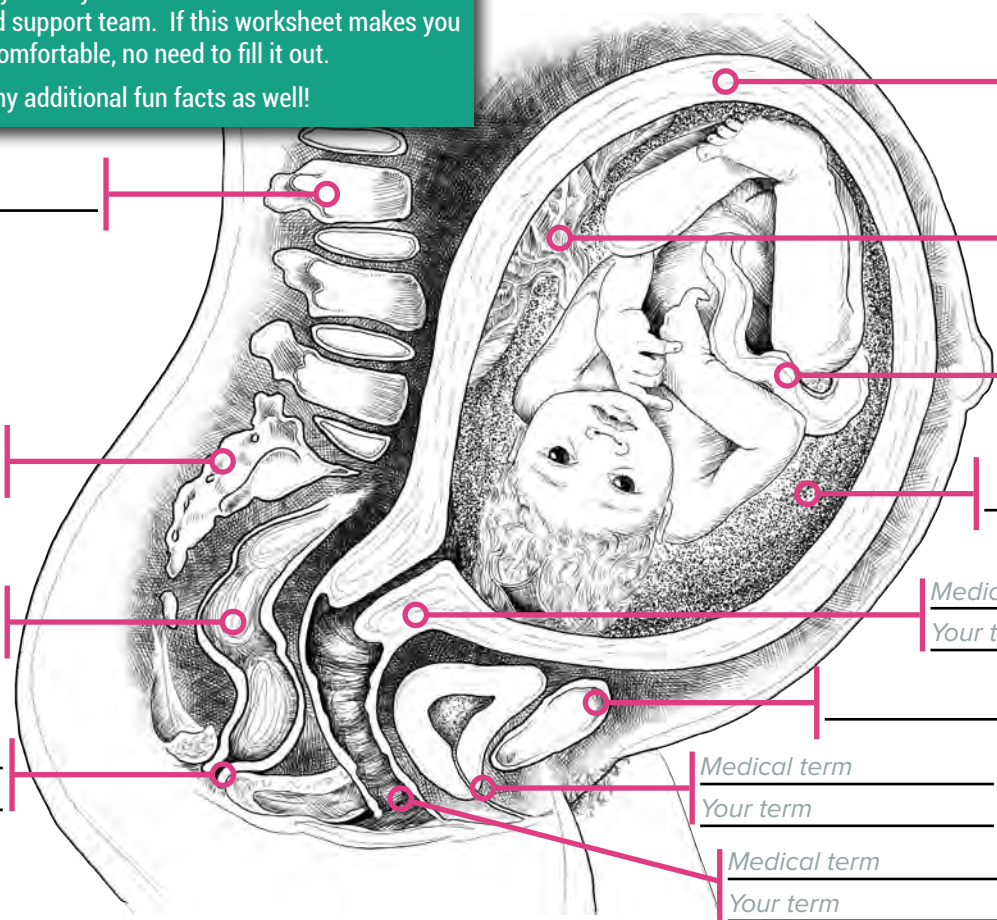
KNOW YOUR PARTS!

birth toolkit



[m]otherboard

Your care team will usually default to medical terminology. Fill out alternate terms if they make you feel more comfortable and share with your partner and support team. If this worksheet makes you feel uncomfortable, no need to fill it out. Add any additional fun facts as well!



Medical term
Your term

Medical term
Your term

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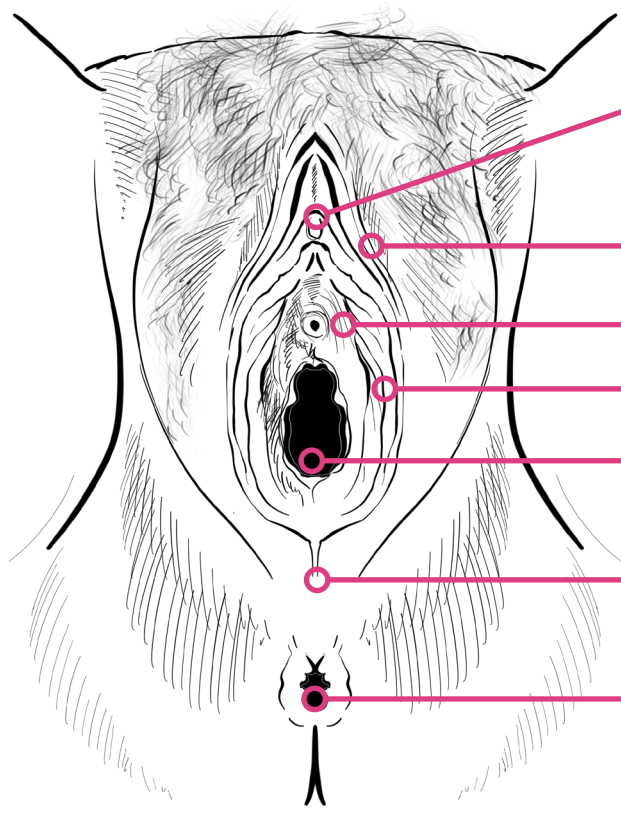
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