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—Eleanor Roosevelt

Some parents engage with fear by diving into research or festering on ‘what if’s’. Others may choose to avoid or ignore their fears, preferring positive thinking over looking at their fears in a direct and solution-focused way.

Build a Framework: Studies have shown that those who examine their fears and explore ways to take action (without attachment to outcome) are less likely to suffer trauma. The map outlined below will guide you in helping parents to courageously take a closer look at their fears and develop a solution-focused and compassionate mindset as they explore the unwished-for in birth.

Map

Courageous and Compassionate Excavation of Fears



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