AIMS For a better birth...

How AIMS has helped me

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I very much appreciated the support of AIMS during my last pregnancy. I was feeling pressured to accept certain tests and interventions and was unsure of the full reasoning for them and I didn't want to accept things which were not appropriate, but was struggling to get the answers I needed from local care providers. After some fantastic conversation about my rights, the latest evidence and a refreshingly honest and open dialogue, I felt well informed and confident in my choices.

Thank you AIMS.

Lyndsey Dawn Kindred



I read your guide about induction and whether you need it when I was pregnant with my first baby. It really helped by enabling me to be fully informed of the pros and cons and to resist an induction when I was a week 'overdue'. I went on to have a lovely, natural birth with no pain relief. I recommend your book to all pregnant women. Thank you!

Michelle Chandler

