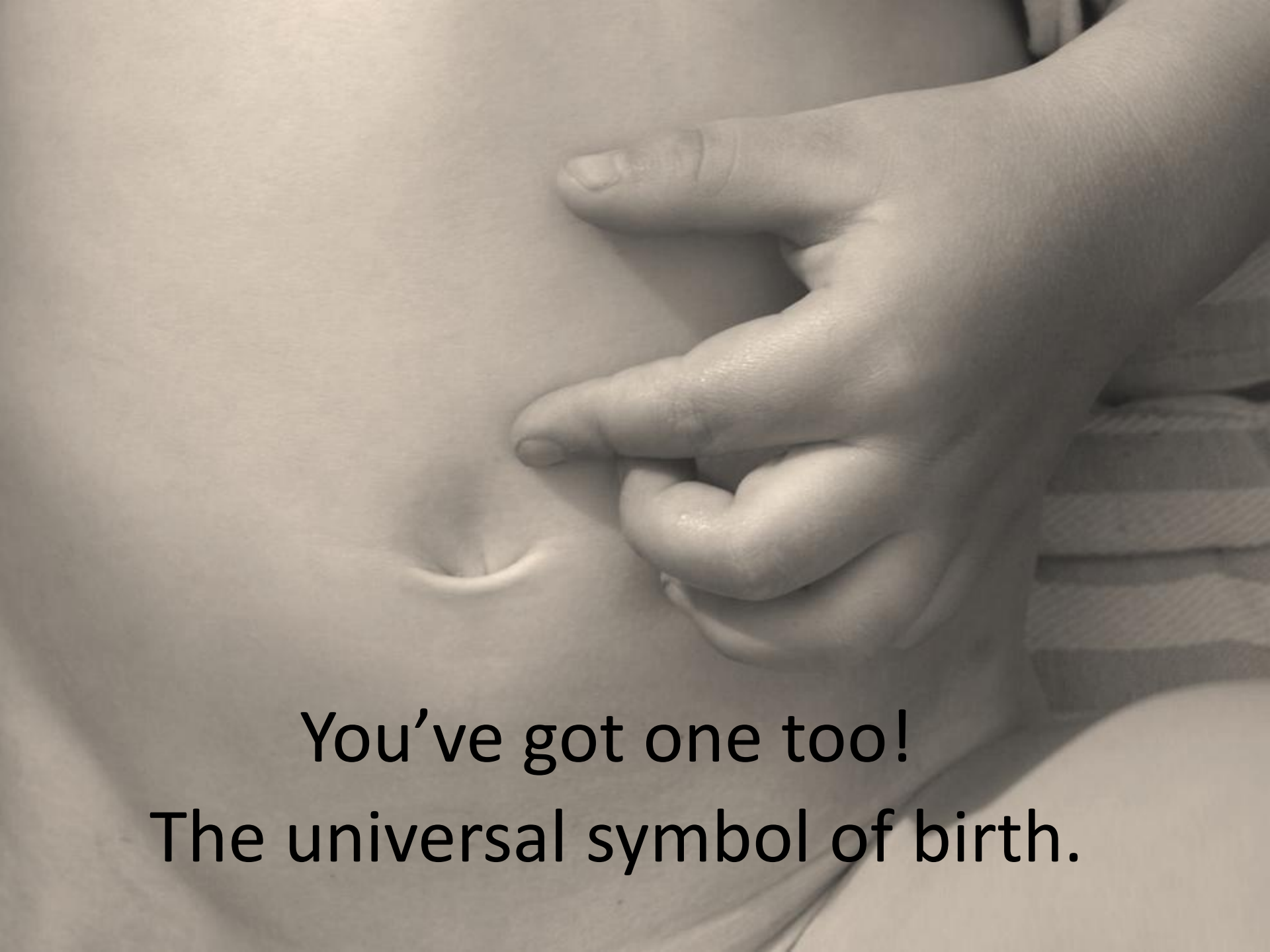
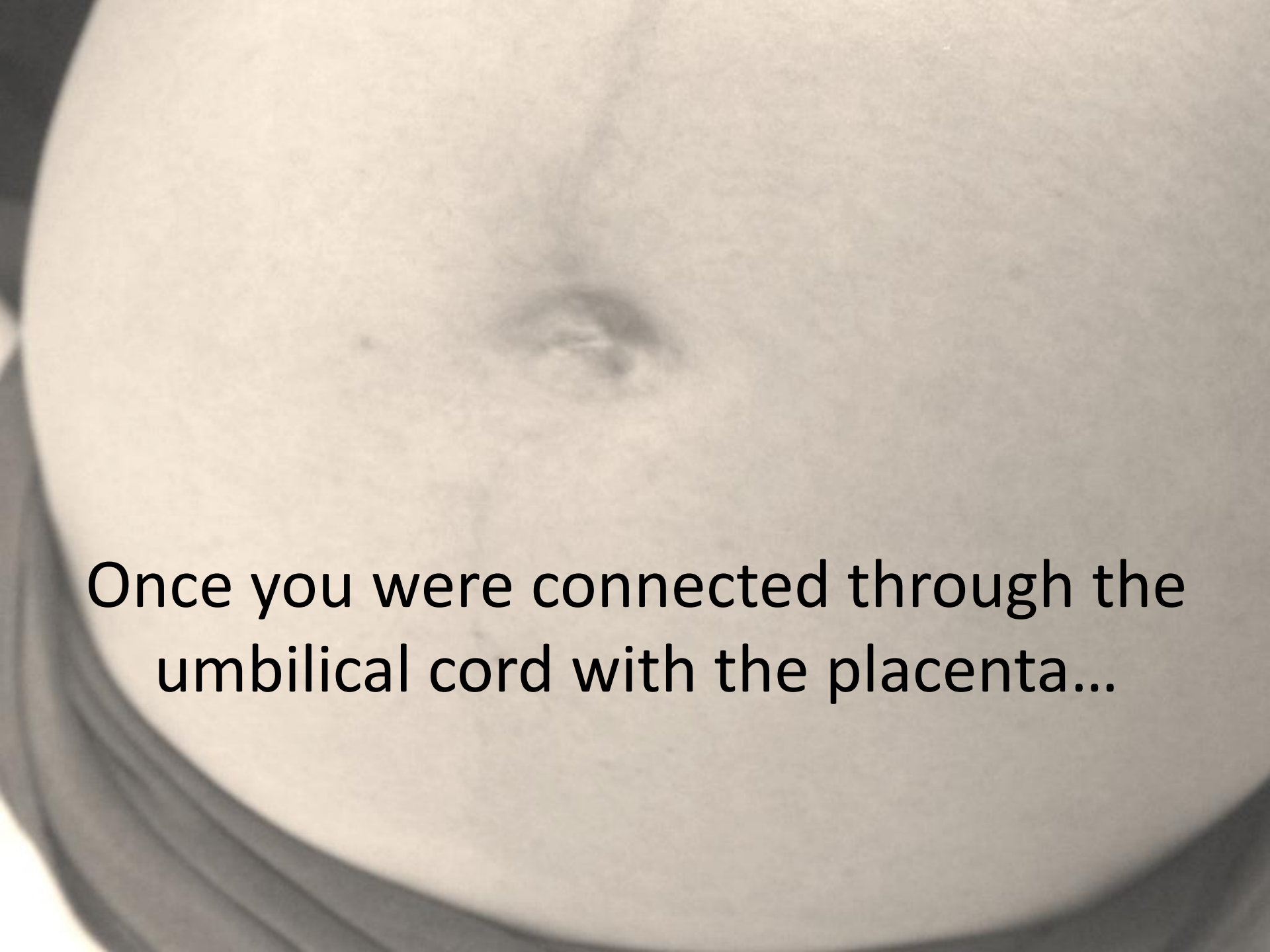


A navel.



You've got one too!  
The universal symbol of birth.

A close-up photograph of a pregnant woman's belly, showing the navel and surrounding skin. The image is slightly out of focus, emphasizing the texture of the skin and the shape of the abdomen. A dark-colored top is visible at the bottom edge of the frame.

Once you were connected through the  
umbilical cord with the placenta...



with your mother.



In her you started your life



With her body...



you came...

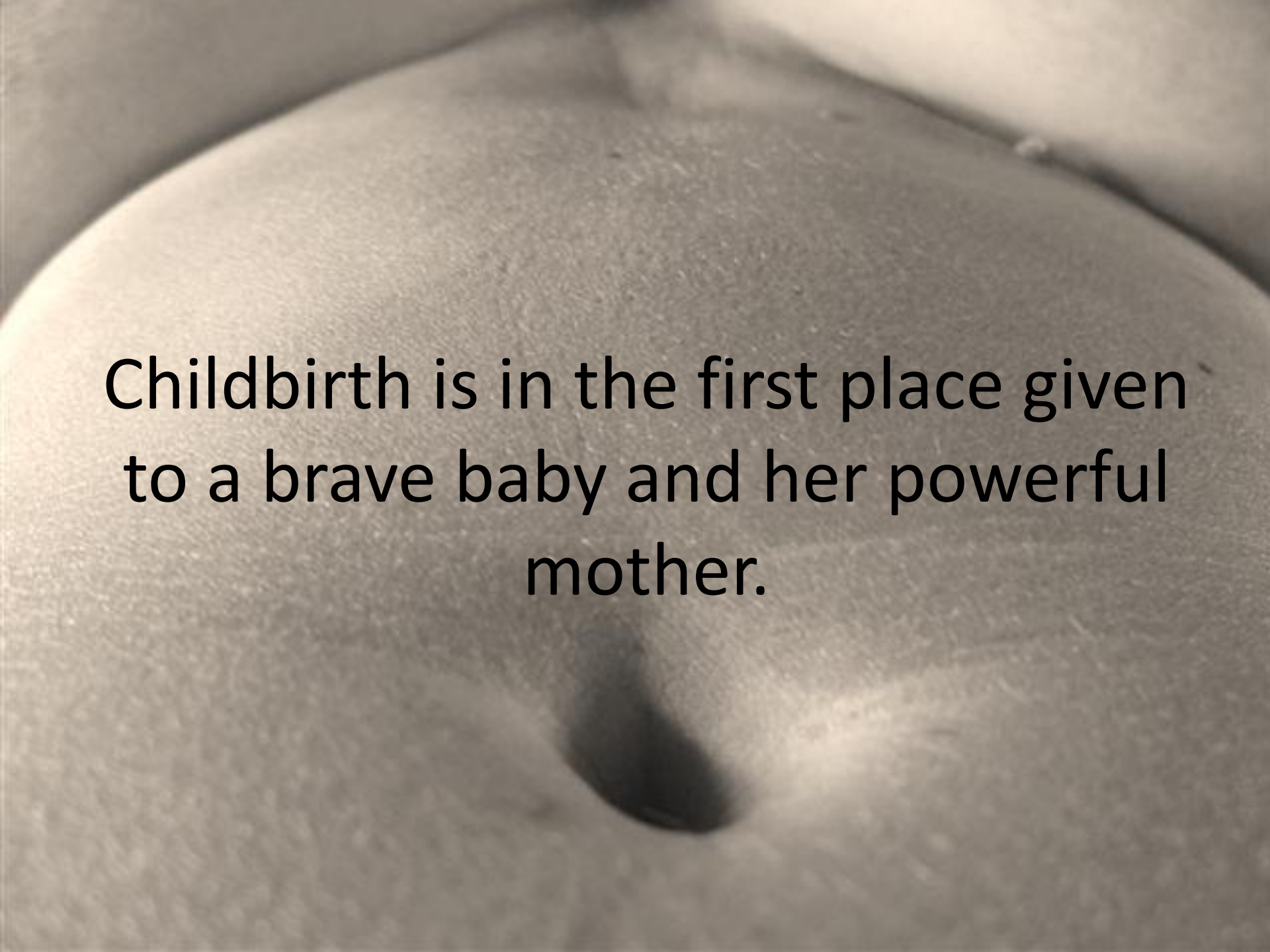
A photograph of a person's bare midsection, showing the navel and a faint, curved line on the lower abdomen. The skin is light-colored and appears smooth. The background is dark and textured, possibly grass or a similar surface. The text "in one of many ways possible" is overlaid in the lower half of the image.

in one of many ways possible

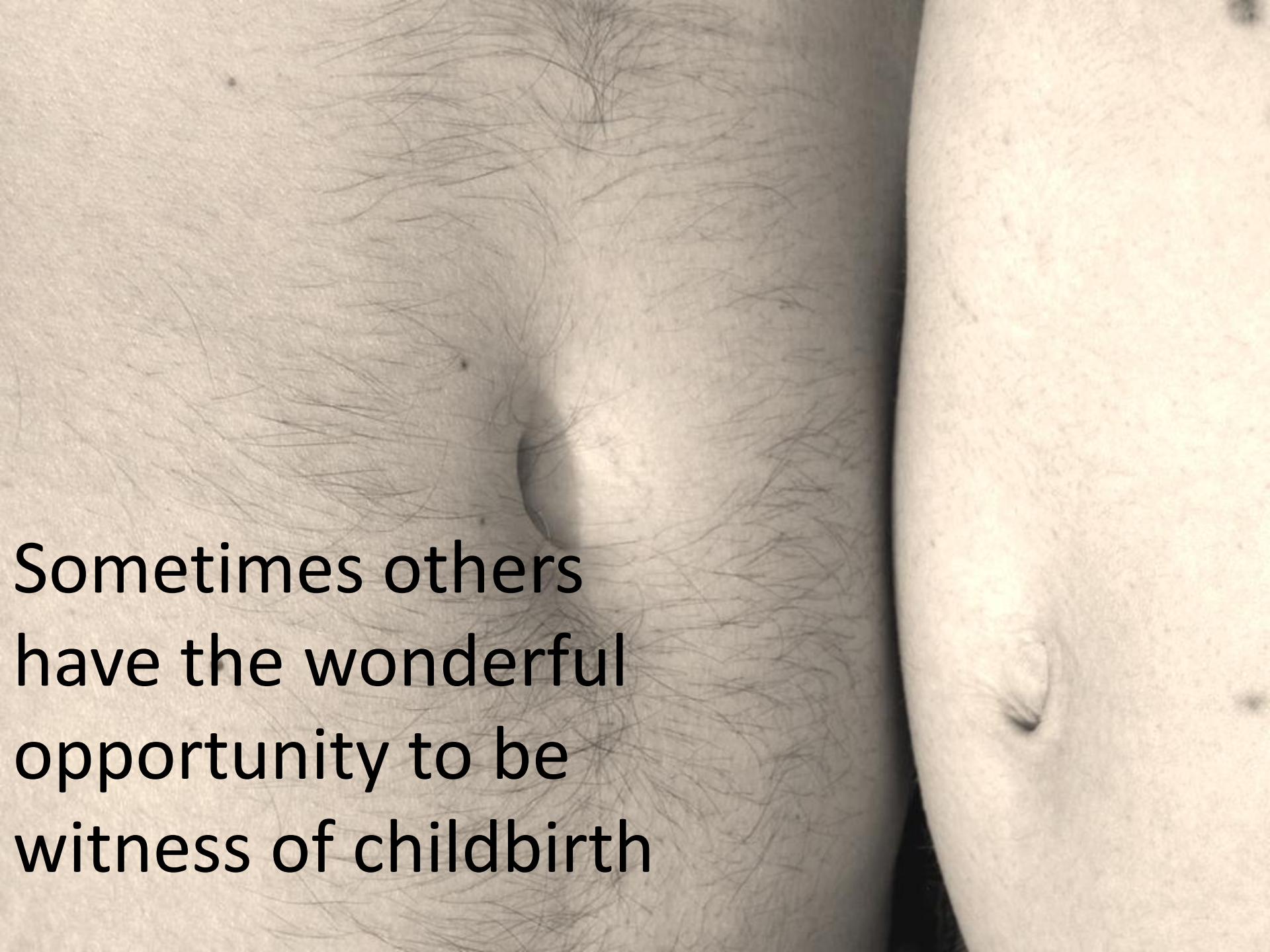




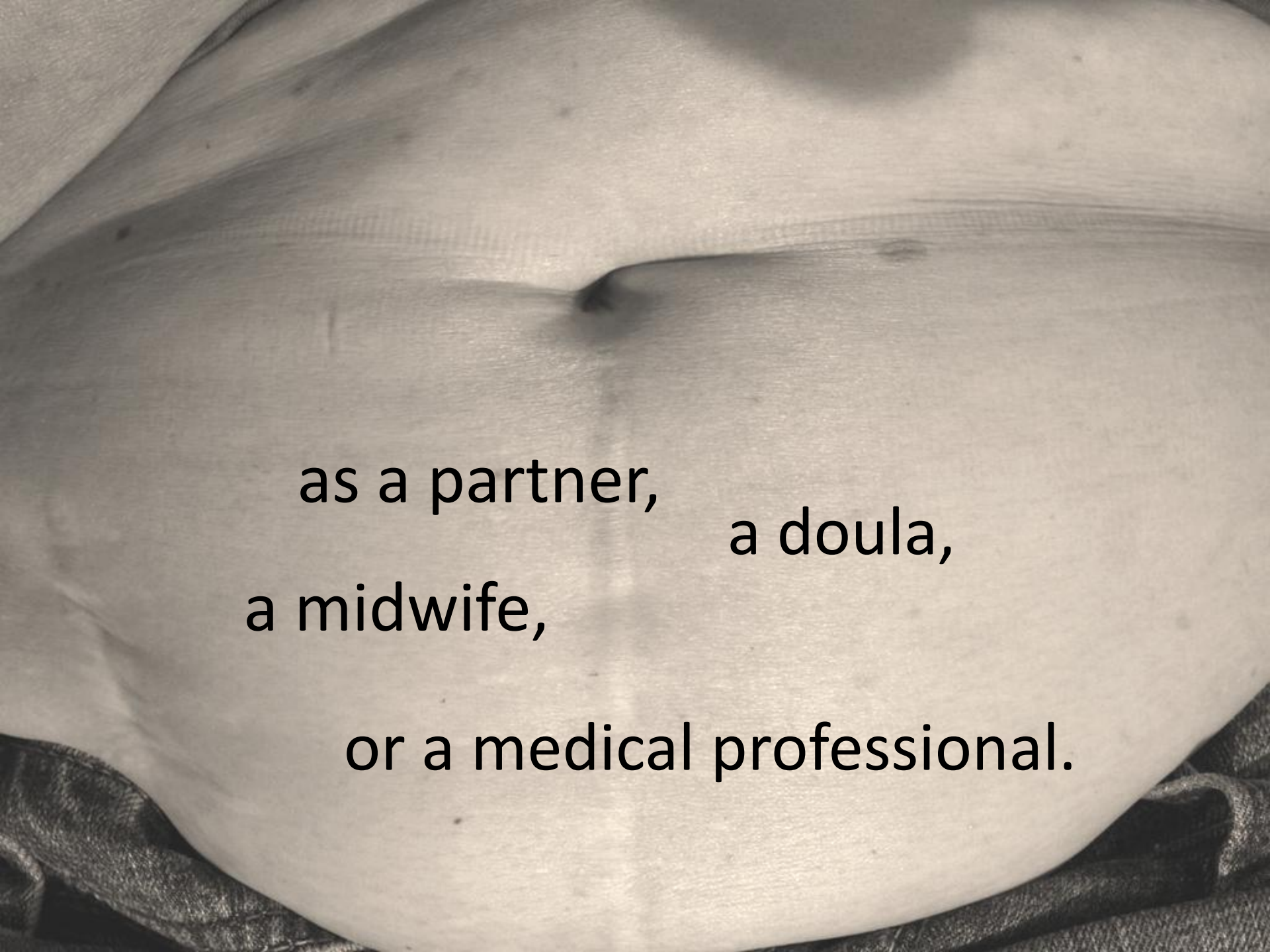
into this world.



Childbirth is in the first place given  
to a brave baby and her powerful  
mother.



Sometimes others  
have the wonderful  
opportunity to be  
witness of childbirth



as a partner, a doula,  
a midwife,  
or a medical professional.



To support a mother,

if needed helping her remember  
her strength

and maybe guiding the  
baby on her way through  
birth,



we put in the highlights once more

***respectful communication,***

***feeling safe***

and

***a determined loving attitude in  
respect to mother and child.***



Our navel is symbol of our birth

for everyone

unique.

Just like our birth process.



*“Happy birthday!”*



This week we ask your attention for

**The International Week  
of Respecting Childbirth,**

15 -22 May 2011

with this year's theme:

*Give birth where you want, the way you want  
and with whom you want.*

*We wish this message to be spread around the  
world!*

“Besides, it is our opinion that homebirth should be kept alive.

ENCA

*With great thanks to all making photos available!*



*© Anne Boekhoorn-Hemrika, ENCA The Netherlands*

*European Network of Childbirth Associations*

ENCA