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VBP, see chapter 6 in
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Movement was set
up in 2012 by Milli
Hill, who has gone on
to author two
bestselling guides to
childbirth. She speaks

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globally on women's experience in the birth room and has appeared on BBC Radio 2, BBC 5 Live, talkradio, and many leading podcasts including Deliciously Ella and The Irish Times Women's Podcast. She regularly writes and comments on birth in the UK media and is

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can be better. And
not just better, but
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parents through the
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