

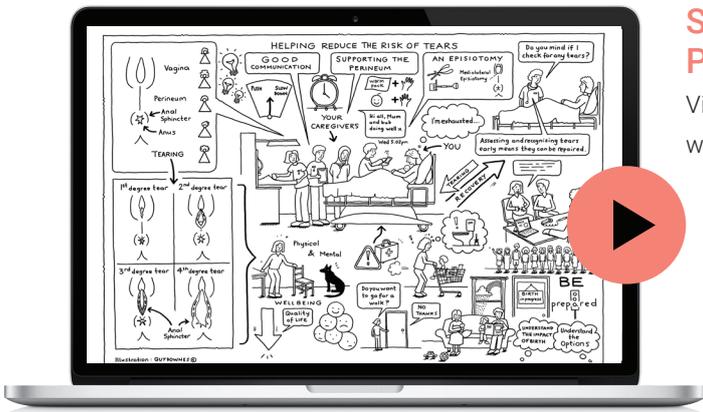
# Perineal Tears

Resources Summary

Brought To You By the Australasian Birth Trauma Association

## About ThinkNatal™

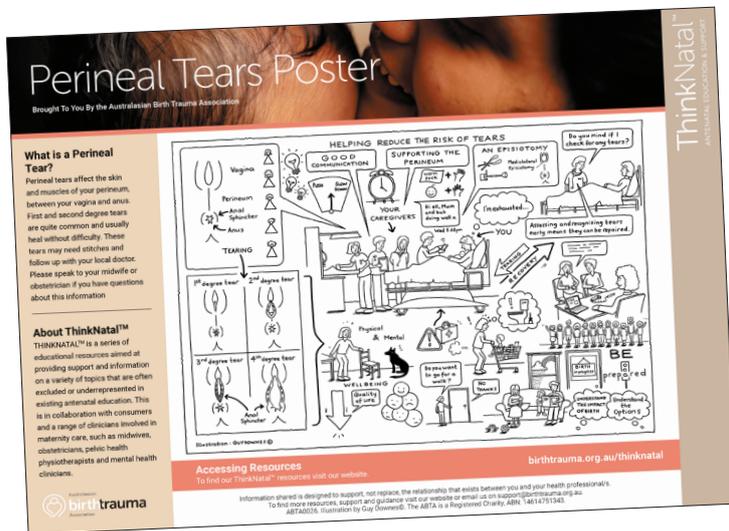
THINKNATAL™ is a series of educational resources aimed at providing support and information on a variety of topics that are often excluded or underrepresented in existing antenatal education. This is in collaboration with consumers and a range of clinicians involved in maternity care, such as midwives, obstetricians, pelvic health physiotherapists and mental health clinicians.



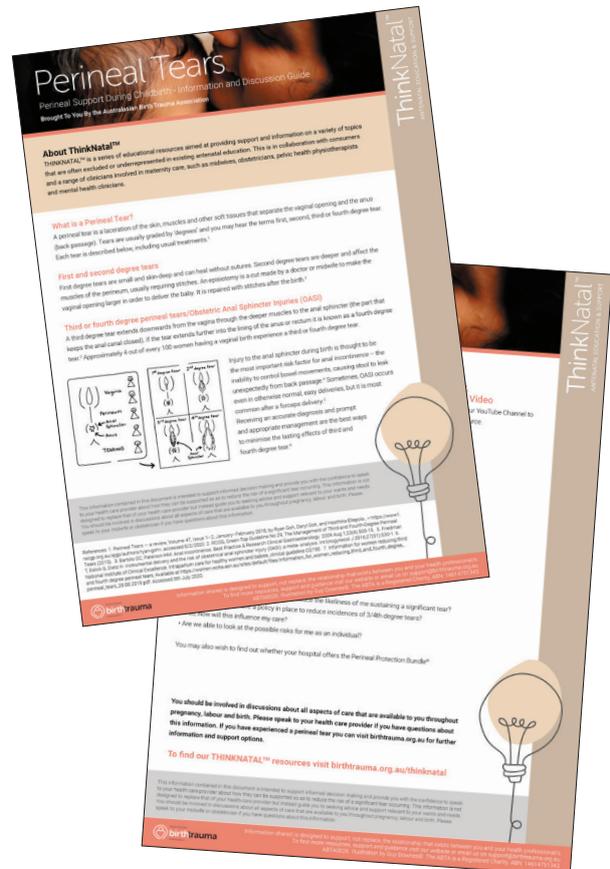
## Stop the Tear, Perineal Care Video

Visit our website or our YouTube Channel to watch our latest resource.

## Perineal Tears information and care provider discussion guide



## Downloadable A4 Poster for care providers



This information contained in this document is intended to support informed decision making and provide you with the confidence to speak to your health care provider about how they can be supported so as to reduce the risk of a significant tear occurring. This information is not designed to replace that of your health care provider but instead guide you to seeking advice and support relevant to your wants and needs. You should be involved in discussions about all aspects of care that are available to you throughout pregnancy, labour and birth. Please speak to your midwife or obstetrician if you have questions about this information.