

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient's Name]  
[Recipient's Title]  
[Recipient's Institution]  
[Institution's Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to express my strong support for my choice to pursue a Vaginal Birth After Cesarean (VBAC) for my upcoming delivery.

As you are aware, my previous birth experience included a cesarean section due to [briefly explain reason, if comfortable]. Since then, I have taken the time to research and educate myself on the benefits and risks associated with VBAC. I understand that many women successfully achieve VBACs, and I am hopeful to join those ranks.

I feel confident in my decision to attempt a VBAC due to [mention any supportive factors such as healthy pregnancy, positive outlook, supportive healthcare team, etc.]. I believe that with the right support and care, I can have a safe and empowering birth experience.

I appreciate your understanding and support in honoring my choice for a VBAC and look forward to working with you to ensure my birth plan aligns with this goal.

Thank you for your attention to my wishes and for your continued support throughout this journey.

Sincerely,  
[Your Name]