

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Recipient's Name]
[Recipient's Title/Position]
[Hospital/Practice Name]
[Address]
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to express my desire to pursue a Vaginal Birth After Cesarean (VBAC) for my upcoming delivery. After carefully considering my options and discussing them with my healthcare provider, I believe that a VBAC aligns with my birth plan and my personal health goals.

I understand that a VBAC can come with certain considerations, and I am committed to working closely with the medical team to ensure a safe and positive experience for both myself and my baby. I would appreciate any support and guidance you can provide as I prepare for this process. I would be grateful for the opportunity to discuss my preferences and any concerns with you or my care team at your earliest convenience. Thank you for your understanding and support.

Sincerely,

[Your Name]
[Your Signature (if sending a hard copy)]