

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]
[Recipient's Name]
[Recipient's Title/Position]
[Recipient's Address]
[City, State, Zip Code]
Dear [Recipient's Name],

I hope this letter finds you well. I am writing to formally express my wishes regarding my upcoming delivery and to discuss my desire for a Vaginal Birth After Cesarean (VBAC).

As you know, my previous birth experience was a cesarean section due to [briefly explain reason for previous cesarean if comfortable]. Since then, I have done considerable research and soul-searching, and I genuinely believe that attempting a VBAC is the best option for me and my family.

I understand that there are certain risks and considerations involved in VBAC, and I greatly appreciate the support and guidance you have provided throughout my pregnancy. I am committed to working together to create a birth plan that prioritizes the safety of both me and my baby.

To prepare for a successful VBAC, I would like to discuss the following:

1. ****Supportive Environment****: Creating a calm and supportive environment during labor.

2. ****Continuous Monitoring****: Understanding the balance between monitoring baby's health and allowing labor to progress naturally.

3. ****Emergency Protocols****: Knowing the protocol in case of an emergency, should a repeat cesarean become necessary.

I am eager to hear your thoughts and to collaboratively plan our approach. It is essential to me that I have a team that understands and supports my VBAC wishes.

Thank you for taking the time to read my letter. I look forward to our next appointment and discussing this in more detail.

Warm regards,

[Your Name]
[Your Contact Information]