


Creating the best Birthing Opportunities

Giving birth is an adventure. Join us as we go through this exciting and amazing journey together.

1. Know your real options. Write your own birth plan.
2. Enjoy the fun and adventure of childbirth education classes.
3. When labour begins on its own, mom and baby's bodies are prepared and ready for birth. Trust and listen to your body.
4. Stay as upright as you can during labour and keep moving. Work with gravity.
5. Choose someone to be your support person to labour with you.
6. Use as many natural comfort and pain control measures as you can to avoid as many interventions as possible.
7. Listen to your body during labour and especially when pushing. Push naturally and not the purple pushing (holding your breath) way.
8. By allowing your baby to go through the nine instinctive stages immediately after birth you increase the bond between you and your baby as well as having a higher success rate with breastfeeding.
9. Practice skin to skin to maximise the benefits for baby, mom and dad at birth and beyond.

Make informed decisions



I am
calm
and in
control

8

facts to take into account

Myth Every type of birth is equal.

Fact The type of birth impacts you and your baby.

Myth You need an obstetrician gynaecologist at every birth.

Fact Only high-risk births need a gynaecologist present at the birth.

Myth Caesarean births are less painful than vaginal births.

Fact Vaginal births experience pain during the labour, caesarean births are painful after the birth (major abdominal surgery pain).

Myth If you are pregnant with twins you have to have a caesarean.

Fact If the first twin is presenting head down in a good position, they can be born vaginally.

Myth My birth plan is the only way!

Fact The unexpected and unplanned can happen – be prepared for both. Our ultimate goal is to have a healthy mom and healthy baby.

Myth There is only one “right way” to give birth.

Fact It is ok to have expectations, but there is not a one size fits all solution for giving birth. Your medical history and your body are unique and your needs might dictate one birthing method over another.

Myth If I have a caesarean, every birth thereafter will have to be a caesarean.

Fact VBAC (vaginal birth after a caesarean) can be an option to investigate. Even a VBA2C.

Myth Every intervention in birth is separate and isolated from another.

Fact Every intervention potentially leads to the next intervention – that is why it is called a cascade of interventions.