Thoughtful Childbirth for Everyone!

BIRTH IS SO MUCH MORE THAN A MOMENT IN TIME

Important Facts

The decisions you make about your pregnancy and birth have life long consequences for your baby ...

Births are not equal Options are not equal

We can have the ideal wishes and plans and things happen ...

It's about knowing what we strive for It's about being informed and making the best decisions because we have the evidence

It's not about guilt – its about knowledge It's about being empowered



How much time are you spending finding out about birthing options vs the time spent on researching prams, car seats and all the niceties to buy?

What is your motivation for your birth goal?

- I want to do the best for me ...
- I want to do the best for my baby ...
- A healthy mom and baby ...
- This birth must fit around me and my schedule ...
- Looking at birth from my perspective ...
- Looking at birth from my baby's perspective ...
- Looking at the long-term health of my baby not just about the birth itself ...
- Reading the research on evidence based birth ...

The real power of a birth plan is the process of becoming educated about all your options.



You don't know what you don't know — you don't even then know what questions to ask.

Long-term health of your baby ...

Things like natural vaginal birth, skin to skin, breastfeeding – aren't just nice to haves if we choose them – but they have long term implications for your baby's health.

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Birth options

Where?

At home
In a midwife unit
In a hospital

Who?
Midwife
GP
Gynae

How to choose?

A midwife

A gynae

A hospital

A paediatrician

How do I choose?

What is best for me
What is best for my baby

Where are you in the hierarchy?
At the top
At the bottom
Making informed decisions

What kind of birth?

Natural no pain relief
Natural with pain relief
Induction
Booked Caesar
Caesar when go into labour

The Hierarchy of Birth

What society thinks the hierarchy of birth looks like

Gynae

Doctor

Midwife

You - the patient



How society "should" view the hierarchy of birth



You - the Birthing person

Everyone else

















