

HOW TO HAVE SAFE & SATISFYING BIRTH

Tips on how to prepare, plan, and put together information to have
Your birth, Your way!

1. READ EVIDENCE BASED BOOKS



One of the best books to start planning your journey into pregnancy, labor, and birth is the Official Lamaze Guide: Giving Birth With Confidence. Runner up is Penny Simkin's 5th Ed, The Birth Partner: A complete guide for your birth companion. Between these two books, you will be ready to think WISELY about multiple decisions ahead.

2. USE YOUR CONSUMER VOICE

You're hiring an expert to take care of you. Take a look and see what kind of outcomes they have, read online reviews, and get feedback from friends.. If the provider comes highly recommended, willingly shares outcomes like C-section and induction rates, and describes care practices you desire, it will be reassuring to know you took time to research, interview, and make YOUR decision about who to hire.



3. EXPECT HOSPITAL TRANSPARENCY

Does the hospital participate in voluntary, national, quality and safety programs eg Leapfrog? www.leapfroggroup.org Does the hospital publicly report their C-section rate? Learn why it is important to avoid unnecessary C-sections! Your future pregnancies and health matter! Google Consumer Reports and C-Sections, you'll find a start to the conversation, there!

4. HOW TO CHOOSE A PROVIDER

There are a variety of health professionals that care for women in pregnancy and birth. Learn about differences between the OB/GYN, MIDWIFE, and FAMILY MEDICINE provider. Read about how their style of care is associated with outcomes of care. Look up Childbirth Connections on the web, and then search, 'Maternity Care Provider'. A fantastic discussion is there to think about.



5. ENGAGE IN YOUR CARE

A successful relationship between any two people requires BOTH engage in conversation. Being healthy in pregnancy and preparing for birth requires a trusting partnership. This includes 24/7 access to your health care record, online educational materials, non-rushed visits, and the provider answering any and all questions. If you lose your patience, find another provider!

6. BIRTH SHOULD BE SAFE AND SATISFYING

Every birth experience has long-term implications. Perceived control during labor and birth is frequently validated as important. Satisfaction in care arises from the design and environmental setting, nurse staffing and attitude, birth provider presence in labor/birth, hospital policy that impacts choice, and ability to have continuous support provided during labor. Books referenced above provide KEY information to help you think about what you want in your labor and birth experience.



WISHING YOU A HAPPY BIRTH DAY

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