

# WAYS TO REDUCE FEAR OF BIRTH

1

## SELECT A PROVIDER

Who will freely discuss recommendations and approach around labor and birth practices.

2

## READ, READ, READ

Reliable resources that describe Evidence-Based recommendations for pregnancy, labor, and birth.

3

## ENGAGE, DON'T BE SHY

In discussions about options vs being a passive listener. It's okay to directly ask, WHY?

4

## INQUIRE ABOUT OUTCOMES

Find out the providers C-section rate, hospital C-section rate, and rate of non-medically indicated inductions.

5

## ENROLL IN PRE BIRTH CLASSES

Find classes that provide education on pregnancy, birth, postpartum, parenting and newborn care. The more you learn, more likely you are to engage.

6

## PREPARE FOR UNEXPECTED OUTCOMES

They happen! Work on an action plan for how you will respond to minor or major events, how to find help, and ways you best manage stress.

7

## CREATE A CIRCLE OF SUPPORT

Your partner, family or friends, a doula. Anyone you trust, that will be part of supporting YOU in working with your health care team.

8

## PLAN FOR HELP

Organize a team prepared to help in the first few weeks. And also educated to observe for any warning signs of problems with you or the baby.

9

## BE HONEST, BE OPEN

Express fears and concerns AT ANY TIME to your partner and provider. Do NOT DENY/DELAY. Be reassured, assessed, and have a clear plan.

10

## HEALTH CARE IS NOT 100% RIGHT

Providers being busy is not an excuse. If you feel you are not being heard DO NOT give up. Demand to speak to another person, going up chain of authority until you are! ©GrowMidwives LLC 2018