

# Flexible Birth Desires

## WELCOME

First off, sit down with a pen and notebook and write out your ideal scenario of how you envision birth going. Write your statements as if they're going to happen that way. Say "I will" instead of "I hope".

Now make sure you read through this often and really sink into it and picture it happening. If something doesn't feel right change it! Work to create a positive mindset around birth. I've included my own as an example. You can see I've written down all sorts of things I can't guarantee, but whatever feels right.

I created a birth plan with Theo that I labeled "Flexible Birth Desires". Obviously, this will look slightly different for you depending on your own birth desires so tweak it accordingly! (Fill out your birth desires sheet).

Ok, now that you've got your ideal birth plan written out. I want to add in the "flexible". I want you to think through the scenarios in which you need interventions.

And I want you to do this because I fully believe it's better to be prepared and knowing what can happen, and having choices in those change of plans can make for a better birth experience looking back.

So I wrote above this section: "We like information. If time allows we'd like to be talked through what needs to happen and why."

I wrote out desires for if I had to get induced and if I had to have a c-section. Take time to look up your options with each of these. And if you want to add in a section for epidural or what have you go for it.

Obviously, these are (if all goes well) scenarios. But there's actually a lot of choice in how things go as far as inductions and c-sections. If you have to schedule a c-section I recommend looking up "Gentle Cesarean" to see how you can still make it the best birth possible for you.



# My Ideal Birth

I loved labor and birth with Theo and am so happy I get to do it all again.

I will know labor has started instead of convincing myself it isn't real.

I will feel calm and excited.

I will let myself zen out as I labor at home.

Theo will be there as loving, positive energy of why it's all so worth it.

I'll take a warm, calm bath with one of Martina's bath bombs.

I'll listen to music, meditation and focus on gentle movement.

I will stay hydrated and nourished through early labor at home.

I will use massage and counter pressure through contractions.

We will have an exciting yet gentle ride to the hospital.

I will be 8 cm dilated during the triage check.

I will continue my calm labor at the hospital.

I will tune out with music and meditation.

I will wear loose, comfortable clothes.

The sun will be streaming through the windows.

There is happy jubilant energy with midwives and nurses.

# My Ideal Birth

I tell them I feel the urge to push with contractions, and when they check I am fully dilated/effaced.

I let my body do the work, breathing my baby out.

Productive breathing and pushing through contractions.

Working with my body to birth baby.

Breathe past crowning, slowing down to give body time to gently stretch.

Slippery exit, quick delivery.

Baby is put on my chest.

Michael announces the sex again (it's a girl).

Cord finishes pulsing, placenta easily comes out, no tearing.

high on birth hormones.

Baby easily latches and we snuggle skin to skin for over an hour.

I drink something yummy and eat some food to replenish my energy.

Baby is calm and content with us.

Easy, quick hospital stay Sunshine on our ride home.

Theo meets baby and makes his happy little high pitched noises. He's obsessed.

Relaxing day at home as a family.

# Flexible Birth Desires

I didn't print off my birth plan with Theo and don't plan to again with this baby. But if you want to there are some points to remember.

Keep it simple: just 1 page, make bullet points, highlight the most important points.

Include your husband's name/contact as well as your pediatrician's contact info. Even though there's a pediatrician that comes through the labor and delivery ward before you're discharged we had Theo's pediatrician swing by and do her own assessment so she had a baseline for him going forward.

Include a section about your own medical/previous birth history.

And then summarize your birth wishes, pain management, labor positions, room environment, after birth care, and contingency plans if interventions do need to take place.

Although I didn't print mine off beforehand, anything that my midwives had a part in I made sure to discuss beforehand at my appointments.

It gave me a lot of confidence when I'd bring up something like delayed cord clamping, or waiting to do newborn tests/measurements until I've done skin to skin and they've latched and my midwife would go oh don't worry we do that with everyone because of X, Y, or Z.

The most beneficial thing about creating a birth plan is educating yourself. Knowledge is power.

I knew to the best of my abilities I wanted birth to go a certain way but I was also realistic and open to the fact labor and birth rarely goes exactly to plan. That doesn't mean it can't be a great experience. You just have to be prepared.



# Flexible Birth Desires

## CHECK IN

Pre-registered at preferred hospital

On call midwife will call ahead

## PEOPLE

Michael

## BIRTH

Immediate skin to skin

Delayed cord clamping (stops pulsing)

1st hour on me

Allow baby to latch

Let Michael do skin to skin

## LABOR

Labor at home as long as possible

Ability to move around

Listen to music + meditation

Stay calm, zen, unclench jaw

Reminders to move positions, walk, drink

Use gravity to advantage

Utilize shower

Vaginal birth

Wait to break waters

## AFTER BIRTH

Visit with LC while baby latches + feeds

Wait 24+ hours to bathe baby

No visitors (Covid)

Facetime, call + text friends and family

Get paperwork done ASAP to go home



# Flexible Birth Desires

## INDUCTION

Cervix softener - thin + causes contractions

If Pitocin necessary start on low dose

Avoid strong meds that cross placenta

Stick to as many desires as possible

## C-SECTION

Michael in OR if possible

Keep him well informed if emergency

Don't tie arms down

Delay cord clamping

Skin to skin as soon as possible

Delay routine care until they've latched

Let Michael be with them if I'm under