

Empowered Birth Class - VBAC



“When you change the way you view birth, the way you birth will change.”

Marie Mongon

Navigating the Health Care System

Who’s going to support my VBAC? Should I even be thinking about a VBAC?

Public or private?

Obstetrician or Midwife?

Local hospital or bigger city?

Hospital birth, Birth Centre or Homebirth?

You’ve been pregnant five minutes and already there are dozens of decisions to make. How do you know what is going to be the right one for you?

Come and learn, explore and discuss the options, the pros and cons and work out what’s right for you. Everyone talks about the risks of VBAC, but no one really talks about the risk of repeat caesarean.

Learn why policies are written how they are, why recommendations of care are given and what the risks really are of planned VBAC compared to repeat caesarean.

Growing a Baby – Eating For Two..... Or are you?

Learning about how your body works and getting armed with the knowledge and skills to be as healthy and physically ready for your birth as you can. If you have had a previous caesarean (or more than one) there are things you can do to prepare your body that can make a difference.

And stacks more.....

The Importance of Support

We have people around us who offer us support when we are pregnant and having our baby's but who supports them? How can they really support us when they are learning as they go too?

The process of childbirth can be scary for many people especially when the doctor or midwife is saying you or your baby are at risk. How do you question what they're saying? How do you know if there are other options?

Come and learn about what strategies can be invaluable for you and your support team so they can be more actively involved in the discussions and knowing what questions to ask.

We also have some tools up our sleeves to teach you and your support team what can help you to relax and breathe through labour and to block out everything that's going on around you.

The Hormonal Rollercoaster

Step aside PMS, this woman is pregnant and she's getting serious!!

Hormones in pregnancy and birth are fundamental in the labour and birth process as well as bonding and when that intricate cocktail of chemicals in our body are tampered with it messes with how our body will work and respond.

Learn about what hormones are in play, what we can do to facilitate and stimulate them, and what wipes them out.

We also explore artificial hormones and what their role is, when they might be used and when they should be avoided. This is especially important for a woman who has had a previous caesarean birth.

Negotiating and Writing Birth Plans

Most people have an idea on how they want their birth to go. Sometimes that idea is from hearing or reading stories, seeing something on TV or thinking that what ever happened to our mothers is what's going to happen to us. WRONG!!!

Birth plans are an excellent tool to use when communicating with your maternity carer what things are important to you and how you would like things to go. It's also a great way to move through labour and birth step by step to ensure you've thought through all the important things. It helps to ensure you've thought ahead for those decisions you'll need to make about you and your baby.

Your baby is relying on you to make decision for them so just like every other super important decision in your life you're going to want to be fully informed so you know what your saying yes or no to. Life isn't one-size fits all so neither should birth be.

Riding the Waves – Relaxation, Breathing and Getting in a Positive Head Space

Did someone say relax? Clearly they have never been in labour before..... or have they?

Tension and fear are the two largest components that create pain in labour. The tension your body holds can inhibit your pelvis opening, prevent your baby moving down and your cervix opening.

We all know that our mind is a very powerful organ, and that is also true for labour and birth. Come and find out how to identify your fears and learn strategies on how to take control and prepare for your birth.

Time to Boil the Water – Baby's on its Way

Let's demystify the process of labour and birth. We explore what happens in our bodies when we are in labour and how to work with our baby's to bring them out safely.

Natural birth or Normal birth. What's the difference?

Learn about how to get baby in an optimal position to give the best chance at a shorter and less complicated labour and birth. One of the most common reasons for a caesarean in labour is due to the baby's position. Lets learn how to line baby up for a smooth ride.

Getting Off Track - Interventions Yes, No or Maybe

What is an intervention? Why do we need them? When do we need them? Are they always necessary? Can I say no?

Any intervention in labour has the potential to create a problem so if you're going to consent to it you're going to want to know if it's really needed, or be very aware of the possible implications of your decision.

Some interventions are required to bring us back on track if our labour strays, so come learn some strategies on how to work out what interventions are worth the risk.

You've Got Your Bundle of Joy – Now What??

Lesson one – don't throw the baby out with the bath water

Lesson two – work out which end is up

Lesson three – breathing is your new best friend

Having a baby is generally an exciting time. We get super excited and can't wait to meet them, see what they look like. Then the day arrives and they're here and suddenly we have to work out what to do with them. Reality sets in.....

Making decisions doesn't stop when your baby is born. In fact it never stops. Breastfeeding, cloth or disposable nappies, vitamin K, settling, safe sleeping, baby wearing, attachment parenting, communication elimination, vaccination, kanga-training, mums and bubs yoga, pacifiers, introducing solids, co-sleeping, prams, car seats, lotions, potions, creams..... it's never ending.

We don't claim to have all the answers but we're going to give it a shot. Come join us in discussing what comes next.



COMPLIMENTARY:

In conjunction with the classes, we offer you two free visits; One prior to your first class to discuss your specific learning needs in relation to your individual circumstances, and the second one following your last class. If you've had a caesarean birth, a previous post partum bleed, an instrumental birth, an episiotomy, an emotionally traumatic birth experience or any particular intervention or complexity, we can accommodate that either within the class or in your complimentary visits.

We invite you to meet with us in the days before your class and again after they are completed for a 1 hour session to discuss your needs and assist in the formulation of your birth plan. This will enable us to provide specific information, education and advice tailored to your needs.

The classes are kept small to maximize that individual focus. The cost is \$450 and is fully inclusive of morning tea, lunch, and your 14hrs of classes plus 2 x 1 hr consultations. Full payment is required at your pre-class consultation please. Cash or direct deposit payment is accepted. Bank details can be provided prior to the consultation on request.

"We have a secret in our culture, and it's not that birth is painful. It's that women are strong."

Laura Stavoe Harm