



Module 13
What You
Can Do
to Have a
Safe and
Satisfying
Birth

Look for Caregivers who Provide Mother-Friendly Care

- Mother-Friendly care is the safest and most satisfying for mothers and families.
- The **Mother-Friendly Childbirth Initiative** created by the Coalition for Improving Maternity Services (CIMS) outlines the safest care with the least interventions for mothers and babies.



CIMS
COALITION FOR IMPROVING
MATERNITY SERVICES

MAKING MOTHER-FRIENDLY CARE A REALITY

What Is the

Mother-Friendly Childbirth Initiative?

- A Ten Step, evidence-based, consensus document developed by CIMS in 1996;
- Mother-, baby-, and family-friendly model of maternity care, focuses on prevention and wellness;
- Respects the normal (physiologic) process of birth, mother's informed choice;
- Applies to births in a hospital, home, or birth center.



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MAKING MOTHER-FRIENDLY CARE A REALITY

A photograph of a woman in a pink shirt smiling warmly at a woman lying in a hospital bed. The woman in the bed is looking up at the woman in the pink shirt. The scene is set in a hospital room with white curtains in the background. A white dotted line graphic curves across the top and right sides of the image. A semi-transparent white box with a pink border contains the text.

Mother-Friendly Care includes you in all maternity care **decisions**, respects your **needs** and respects your **rights**.

Look for Caregivers that Provide Mother-Friendly Care

- The Coalition for Improving Maternity Services has published a brochure for parents to help them find a Mother-Friendly caregiver.
- It's called, Having a Baby? Ten Questions to Ask.
- You can find it in the resources section.

HAVING A BABY?

10 QUESTIONS TO ASK



Mother-Friendly Care is recognized by the Bureau of Maternal-Child Health.

Michael C. Lu, MD, MS, MPH

Director, Maternal and Child Health Bureau,
Health Resources and Services Administration

“...no woman should be subjected to unnecessary interventions and... every woman should be cared for in a system that respects her autonomy and upholds the principles of Empowerment, Do No Harm, and Responsibility and be given the choice of mother-friendly maternity services ...”

Video Address for CIMS Forum
March 1-2, 2013 at Kansas City, MO



Take the Time to Understand How
Your Body is Designed to Give Birth

Knowing how your body changes during pregnancy and how your own hormones prepare you for labor and birth will give you the **confidence** you need to work with the powerful forces of childbirth.





Consider Taking a Childbirth Class

- Most women learn about childbirth from watching TV or from seeking information on the internet.¹
- Unfortunately, they may only see a skewed view of birth and miss out on learning many ways to help them cope with labor.

1. Declercq, E.R., Sakala, C., Corry, M.P., & Applebaum, S. (2006). *Listening to mothers II: Report of the second national U.S. survey of women's childbearing experiences*. New York, NY: Childbirth Connection. Retrieved from <http://childbirthconnection.org/listeningtomothers/>

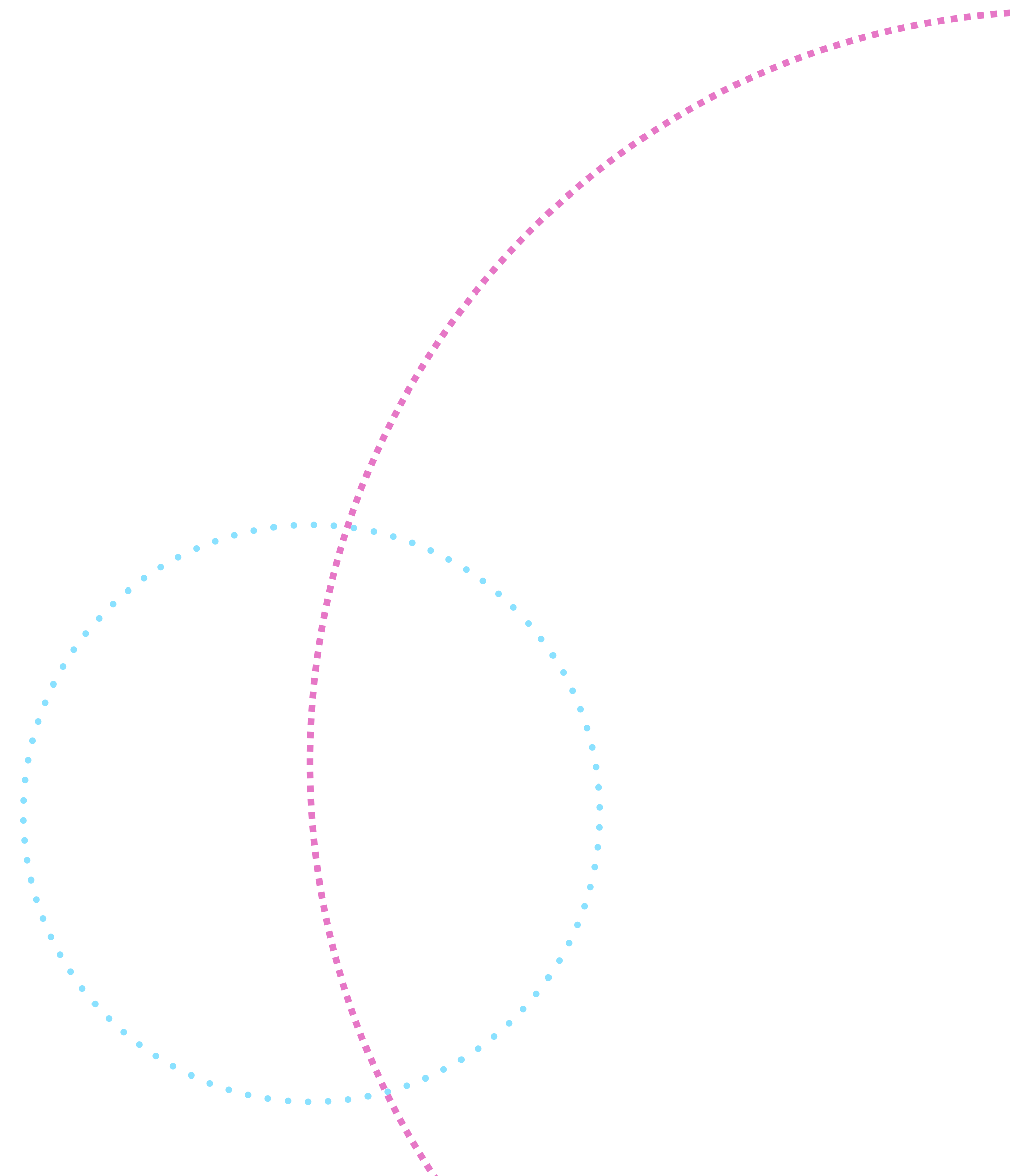




Consider Taking a **Childbirth Class**

Take a class that:

- ⦿ Empowers you;
- ⦿ Helps you to discover your inner strengths;
- ⦿ Prepares you realistically for birth;
- ⦿ Includes your rights and responsibilities;
- ⦿ Respects the normal process of birth.



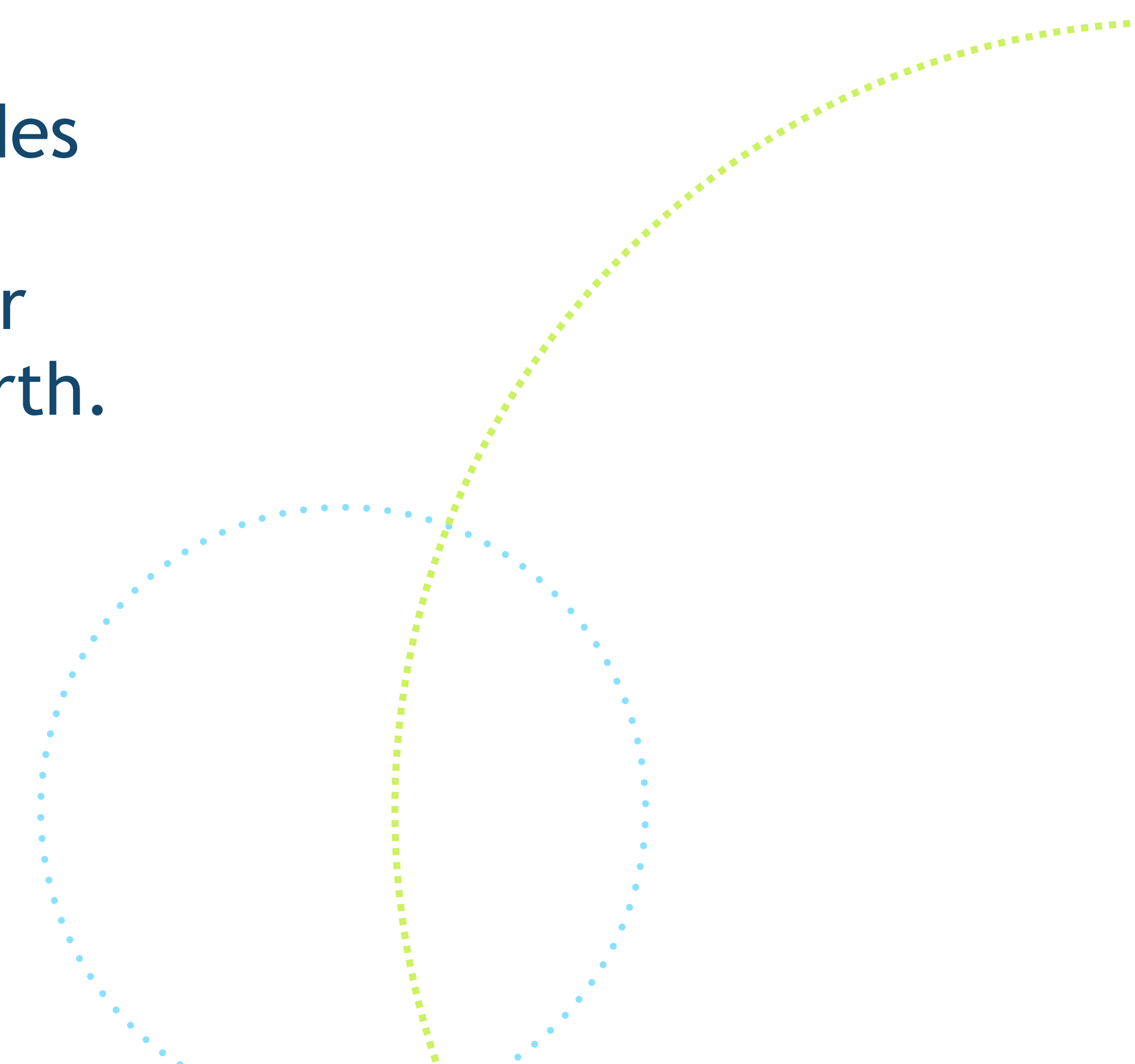


Consider having
a **birth doula** at
your birth.



Consider Having a Doula at Your Birth

A birth doula is a person trained and experienced in childbirth who provides continuous **physical, emotional and informational support** to the mother before, during and just after childbirth.





Consider Having a Doula at Your Birth

- Evidence shows that doulas have the skills to help your labor progress.
- With a doula mothers have lower cesarean rates, are less likely to need an instrumental delivery (vacuum or forceps) and less likely to need an epidural for pain relief.
- With a doula mothers and babies are healthier and mothers are more likely to breastfeed and to be satisfied with their birth.

Consider a
midwife as
your primary
care provider.



Consider a Midwife as Your Primary Care Provider

With the midwifery model of care mothers have:

- More prenatal education and counseling time;
- More freedom of movement in labor and birth;
- More access to food and drink in labor;
- Fewer labor interventions;
- More access to non-drug methods of pain relief.



Consider a Midwife as Your Primary Care Provider

With the midwifery model of care mothers have:

- Fewer complications of birth;
- Fewer cesareans;
- More VBACs;
- Higher breastfeeding rates;
- Excellent maternal and perinatal outcomes.



With midwifery care mothers and babies have **excellent outcomes.**



Midwifery Care

A study in the journal *The Lancet* defined midwifery as “skilled, knowledgeable and compassionate care for childbearing women, newborn infants and families across the continuum throughout pre-pregnancy, birth, postpartum and the early weeks of life... respecting women’s individual circumstances, and views, and working in partnership with women to strengthen women’s own capabilities to care for themselves and their families.”

Physicians are Moving Towards the Midwifery Model of Care and Changing their View of Childbirth



From, “Birth is dangerous.”



To, “Birth is normal.”



Professional Associations Endorse Physiologic (Normal) Birth and the Mother's Right to Choose

- Six leading maternity care organizations have signed on to a different view of childbirth which reflects the midwifery model of care.
- “Pregnancy and birth are physiologic processes that usually proceed normally.”
- “Most births are normal and require minimal intervention.”
- “Decisions about interventions should incorporate the woman’s personal values and preferences and should be made only after she has had enough information to make an informed choice, in partnership with her care team.”

Endorsed by ACOG, AAP, AAFP, ACNM, AWHONN, & SMFM

ACOG, AAP, AAFP, ACNM, AWHONN, & SMFM. (December 2011). Quality patient care in labor and delivery: A call to action. Consensus Document.

Retrieved from https://www.acog.org/About_ACOG/ACOG_Departments/Patient_Safety_and_Quality_Improvement/Quality_Patient_Care_in_Labor_and_Delivery_A_Call_to_Action



Develop Your Own Birth Guide to Give to Your Caregivers

- Think about how you and your baby would like to be cared for during and after birth.
- Discuss your preferences and concerns during your prenatal visits and when your labor begins.
- Your caregivers should try to work with you and respect your choices while still providing safe care.



Key Points to Review

- Although many mothers look for information for pregnancy and childbirth on the internet, many of the websites do not help mothers to get woman-centered, evidence-based care.
- Parents should consider taking a childbirth class that includes a variety of options to help labor progress, a method of relaxation, options for non-drug methods of pain relief and women's rights in childbirth.



Key Points to Review

- Parents should look for supportive maternity care providers who take the time to discuss their concerns and to understand their needs.
- Parents may want to find out more about doulas and midwifery care.



Checklist for Parents

For any birth parents have decision-making responsibilities:

- Where will you give birth?
- Who will you choose as a medical caregiver?
- Would you and your partner be comfortable having a doula at your birth?
- Would you feel safer in a hospital, but are concerned about unnecessary routine interventions?
- If you are planning a low-tech birth, do you have an effective back-up system available?
- You will need answers to these and many more questions during your pregnancy.

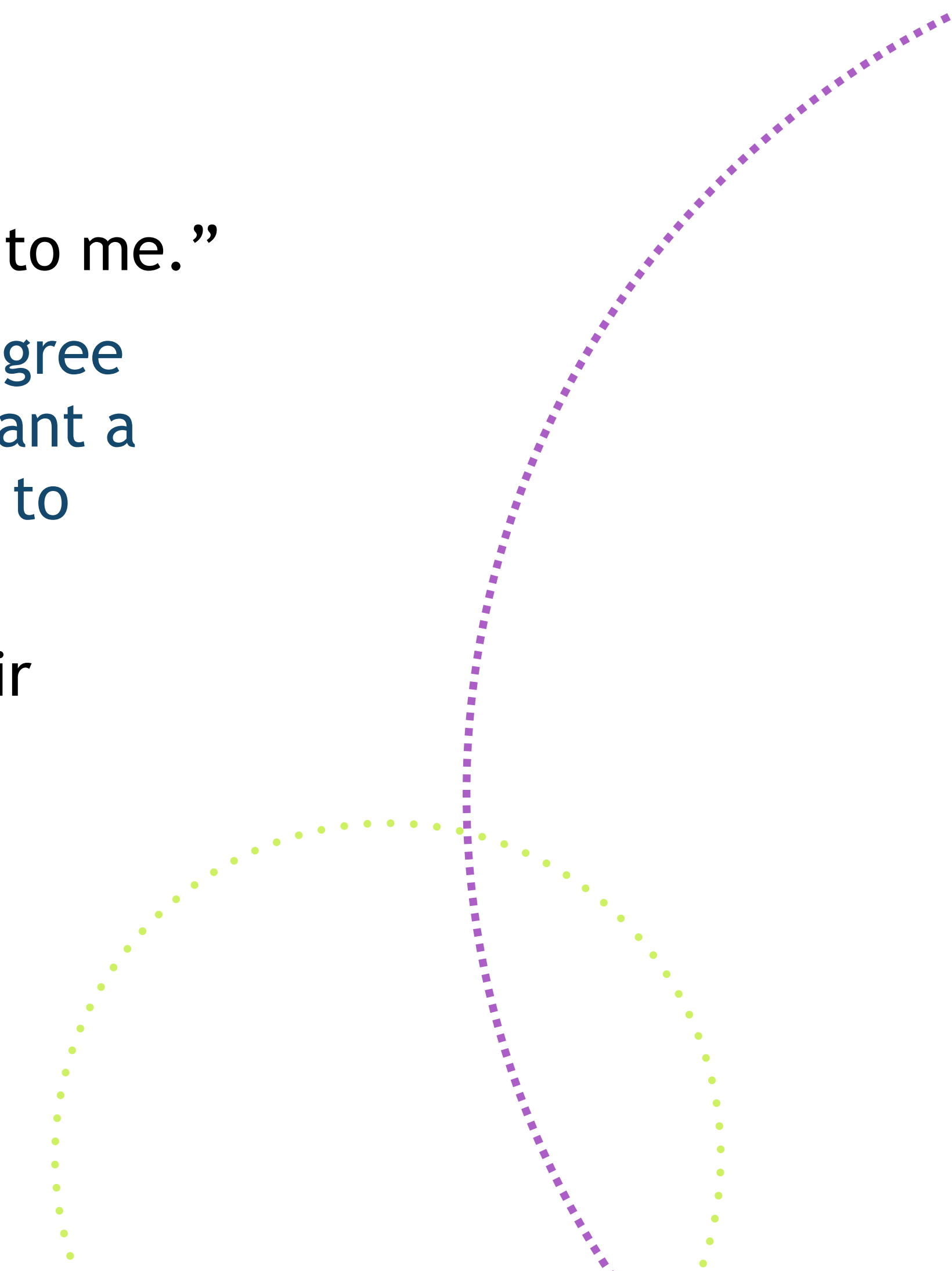


A pregnant woman with brown hair and bangs, wearing a purple maternity top, is smiling and looking towards a healthcare professional. The professional, a woman with short brown hair wearing a white lab coat, is leaning in and talking to her. The professional's hands are resting on the pregnant woman's belly. A dotted white line connects the two women. A purple horizontal line is positioned above the text box.

**Build good communication
with your caregivers.**



Build a Relationship of Mutual Respect

- Try to explain your needs.
 - Ask, “Can you work with me on that? It’s really important to me.”
 - Sometimes parents discover they and their caregivers disagree about things that are important to them. Although both want a safe birth, they may not have the same beliefs about how to achieve that goal.
 - Occasionally, mothers and caregivers cannot work out their differences and mothers may need to change caregivers.
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Checklist for Parents

- Having access to the latest technology does not guarantee you a perfect outcome.
- Avoiding technology completely does not guarantee you a perfect outcome.
- Try to keep a balanced, open-minded attitude, and remember that most births turn out safely, no matter how a baby is born.
- Birth is usually very safe, but every birth is different. It's important to be flexible and consider all your options because different situations call for different actions.



Resources for Parents

Childbirth Classes

- ◉ Birthing from Within
- ◉ The Bradley Method
- ◉ Childbirth and Postpartum Professional Association (CAPPA)
- ◉ Hypnobabies
- ◉ International Childbirth Education Association
- ◉ Lamaze International

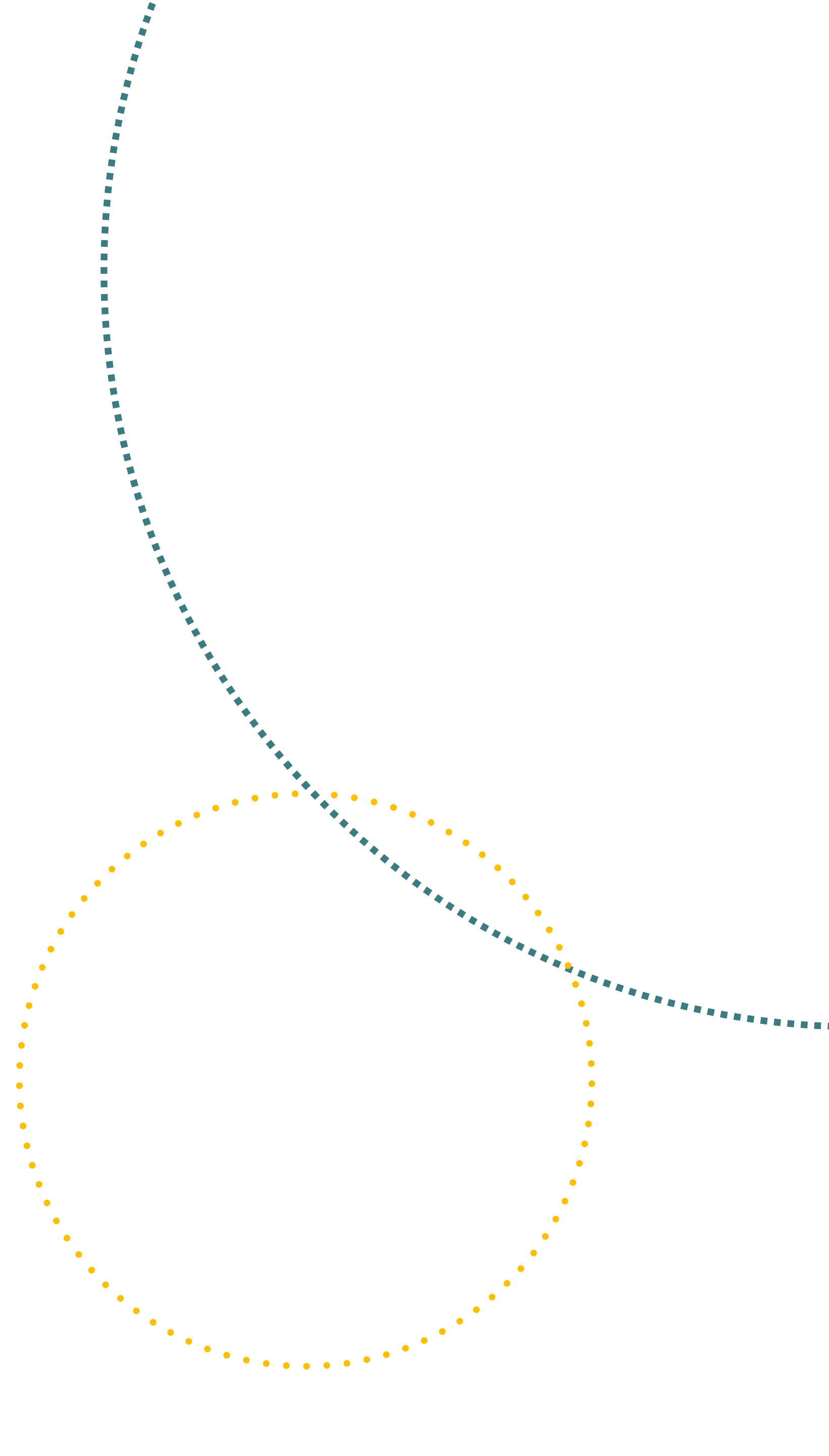
Photo- Shutterstock





Resources for Parents

Mother-Friendly Providers

- ◎ BirthNetwork National
 - ◎ Choices in Childbirth
 - ◎ Coalition for Improving Maternity Services
Endorsers of the Mother-Friendly Childbirth Initiative
 - ◎ Coalition for Improving Maternity Services
The Birth Survey
- 



Resources for Parents

Midwives

- ◎ [American College of Nurse-Midwives Find a Midwife](#)
 - ◎ [The Big Push for Midwives](#)
 - ◎ [Citizens For Midwifery](#)
 - ◎ [Midwives Alliance of North America](#)
 - ◎ [Mothers Naturally](#)
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Resources for Parents

Doulas

- ⦿ **Childbirth and Postpartum Professional Association (CAPPA)**
 - ⦿ **DONA International**
The Essential Ingredient: Doula (YouTube film)
 - ⦿ **International Childbirth Education Association**
 - ⦿ **Lamaze International**
Healthy Birth Practice 3: Bring a Loved One, Friend or Doula for Continuous Support
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