



Module 14
**Trust Yourself to
Give Birth Safely.**

What Do You Need to Feel Ready for Labor and Birth?

From:

- Your physician or midwife;
- Your doula;
- The place where you will give birth;
- Your partner?

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Do you need to reassure
you family about the
safety of VBAC?

What Concerns Do You Still Have?

- Are you worried about the pain?
- Are you worried about what you can't control?
- Can you count on your partner's support?

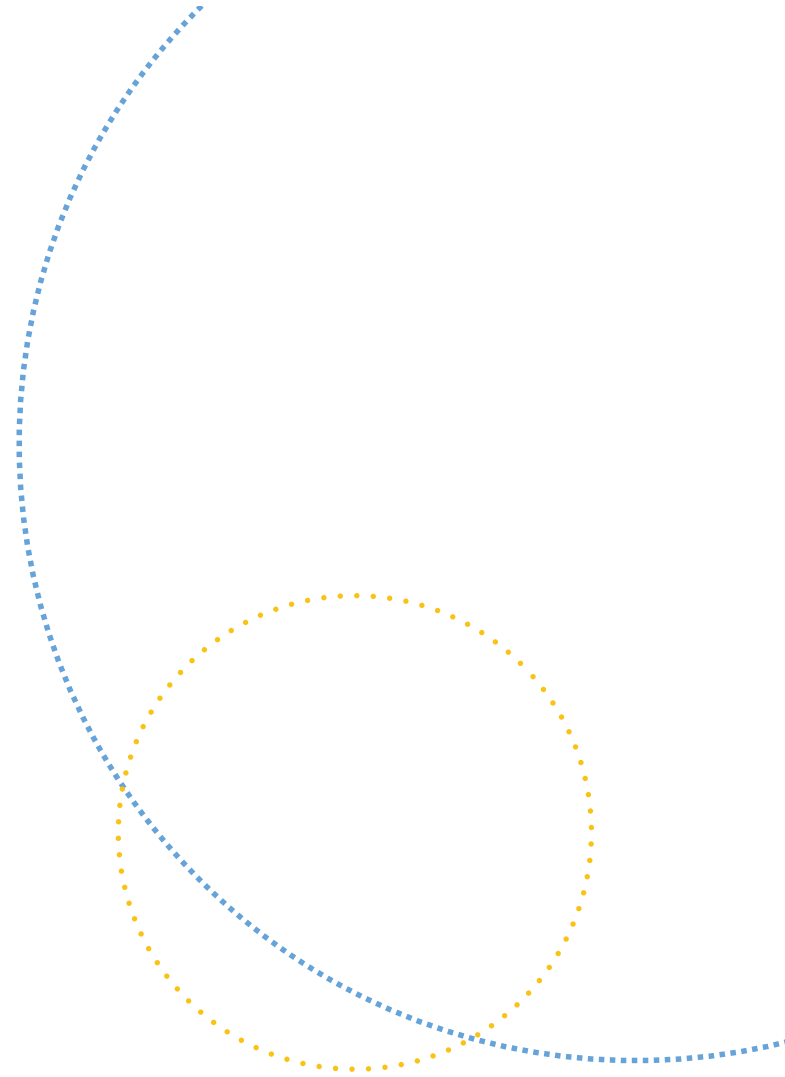


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Key Points to Review

- ◉ Mothers need to feel confident, safe and supported during childbirth.
- ◉ It's helpful for mothers to talk with their maternity care team, family, and partners to resolve any issues that may make it difficult for them to focus fully on the process of labor.





Checklist for Mothers

- Discuss your concerns with your partner, care provider, trusted friend, family member, doula, or an on-line support group.
- Look for the answers you need to help you feel safe and confident to labor for a VBAC.
- Take the time to address any difficult emotional issues you may have.

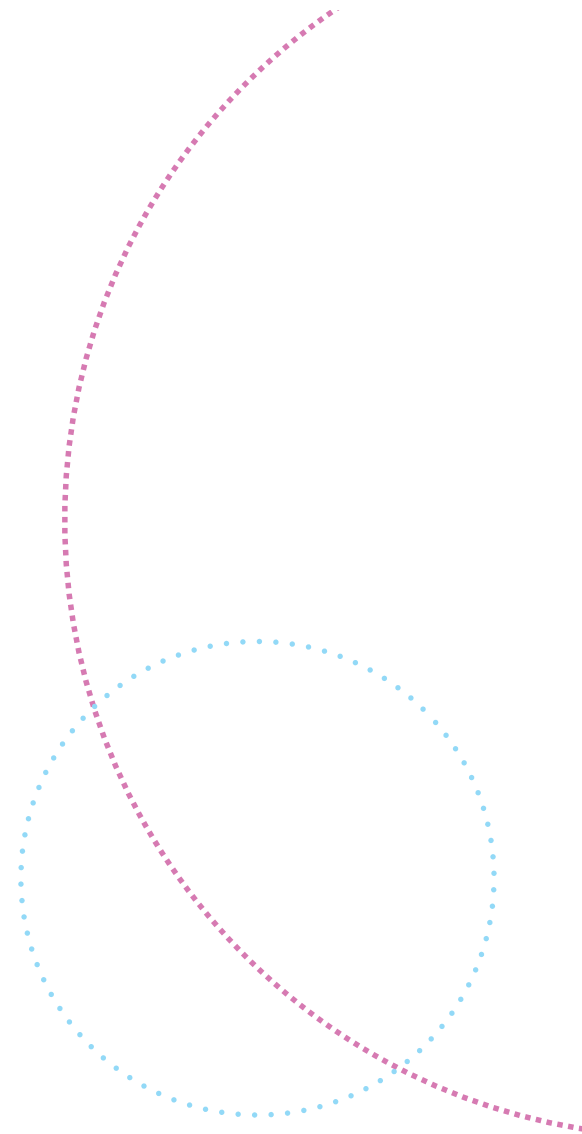
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Trust Yourself to Give Birth

- ⦿ Know that your body cared for and nourished your baby throughout your pregnancy.
- ⦿ Know that you will have the support that you need.
- ⦿ Know that your baby will move through your body safely and easily.
- ⦿ Know that you will have the strength you need when it's time for you to give birth.



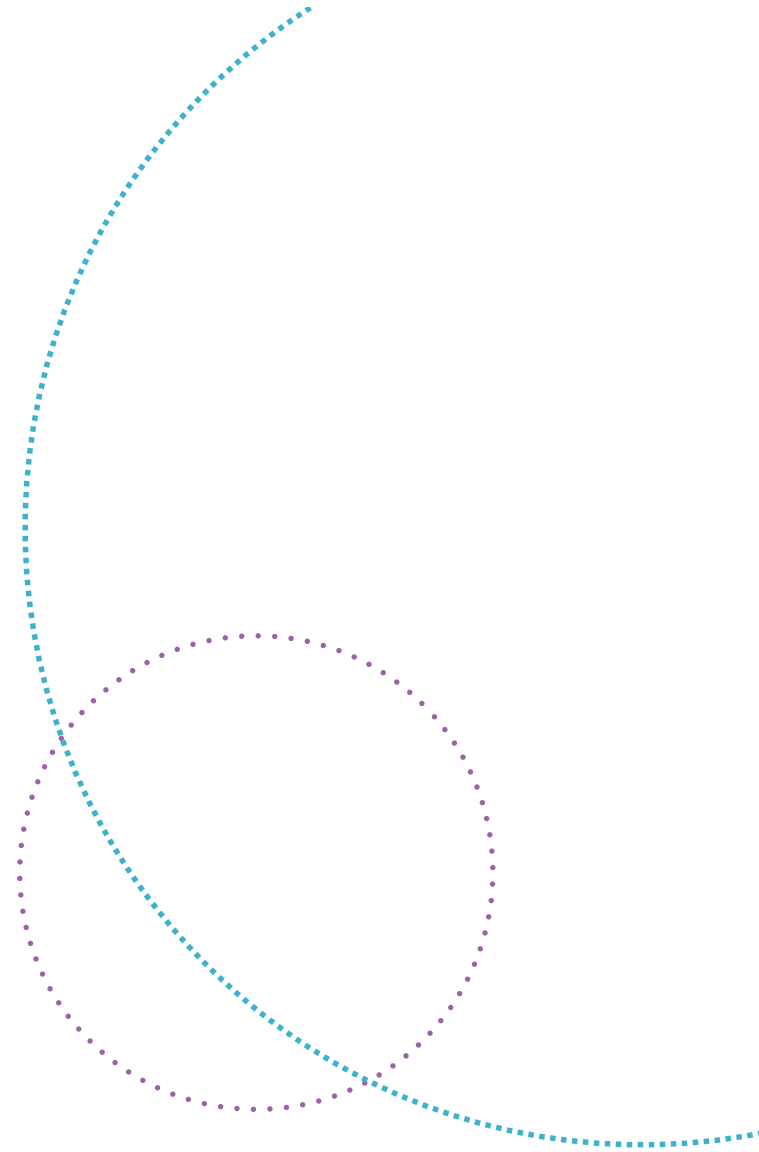


Having a baby is a
major achievement.



Having a Baby Is a Major Achievement

- ◉ Do it your way and be proud of what you will have accomplished.
- ◉ There is no one right way to give birth. Do what you need to help you through it.
- ◉ It's your labor.
- ◉ Only you can give birth to this particular baby, so whatever way you do that is a major accomplishment.



From an Author and VBAC Mom

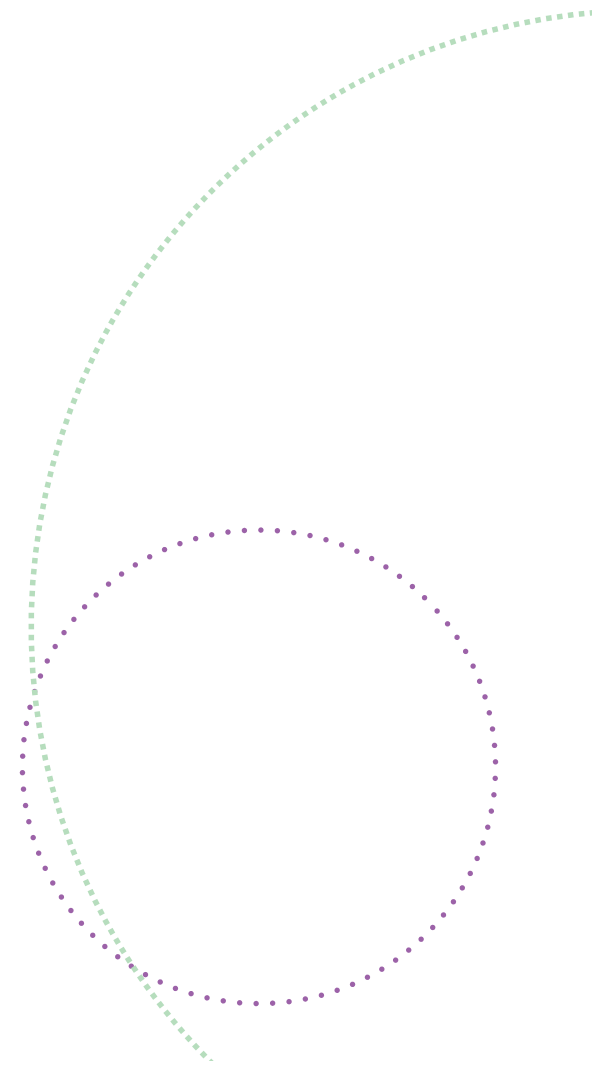
“To succeed in giving birth, we really do ourselves a favor if we let ourselves go, if we say ‘yes’ to the whole process, if we accept what’s going to happen (even if it’s painful), if we stay in touch with the baby who is also doing its part within us. But, we can’t do any of this with our head — we have to do it with our whole body and with our heart... What really helps is letting go.”

Hélène Vadeboncoeur, *Birthing Normally After a Cesarean or Two: A Guide for Pregnant Women, Exploring Reasons and Practicalities for VBAC.*



Expect Some Adjustments Afterward

- Every birth has an adjustment period afterward.
- As you look back on this coming birth there will probably be aspects of this birth that are a delight to remember, and others you wish had gone differently.
- It's normal to grieve over the things that didn't happen the way you wanted them to. Talk to someone you trust about those feelings. This is how we integrate our birth experiences in our lives.





Trust That You Can Give Birth

Know that your body is
designed to give birth safely.

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**Very best wishes
for a safe and
satisfying birth.**