

- 1  **Beyond the Birth Plan**  
Paradigm Shifting for Birth Professionals
- 2  **Survey Audience**
  - *Evidence-Based information?*
  - *Personally used a birth plan*
  - *Did your birth go according "To Plan"*
  - *How many of you are currently teaching to use birth plans?*
- 3  **Our Personal Paradigm Shift**
- 4  **Why Do We Need to Shift?**
- 5
- 6
- 7  **Planning for Optimal Birth**
  - What are the top three things you think women should do to prepare for optimal birth experiences?
  - Talk with your neighbor.
- 8  **What Are Today's Moms Doing To Prepare for Birth?**
- 9  **Today's CBE Preparation**  
Classes in Hospital (Only 1/3 taking classes and 50% are taking crash course classes, LTMIII)  
Classes in Community
- 10  **CBE Preparation in 2016**
  - Online Classes
- 11  **CBE Preparation in 2016**
  - Apps
  - Online Peer Support
    - Facebook Online Forums

- Facebook Groups
- Google Chats
- Blog interaction

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13  **Mother's Choices Today**

14  **Who Do Families Trust?**

- Best source of info

- Who trust? (first time, exp. mother)

15  **What Are They Doing?**

16  **History of Birth Plans**

- Why??? Control???
- Started because of mistrust between birthing activists/ mothers and medical professionals
- To restore a woman's control over birth environment
- High cesarean rates/VBAC
- Became a part of childbirth preparation
- Became a part of hospital expectation

17  **Control?**

18  **If Both Want Control Who Wins?**

19  **5 Contemporary Dilemmas**

20  **Health Expectations**

21  **Expectations**22  **Reality Check**

- Antenatally moms focus on meds NOT natural comfort measures
  - Breathing and relaxation = Add On, Not Primary
  - They don't feel confident to use these techniques after classes

23 

One hour of comfort strategies (or even 4) is not enough to make jump from ideal to expected or normative.

24  **Health Expectations**

- Which health expectations does the birth plan draw on?
  - Ideal - person's desired or preferred outcome
  - Predicted - what the person expects
  - Normative - what should
  - Unformed - has no expectations

25  **Increase in Cesarean**

- Ashfar, 2015 saw nulliparous women with birth plan had more risk of cesarean section
- Had fewer obstetrical interventions

26  **What About Birth Plans**

- Audience Poll
- Identify three reasons birth plans are used?

27  **What Childbirth Professionals/Doulas Believe**

- 28  **What Childbirth Professionals/Doulas Believe**
- What we were taught
    - Detailed plan
    - Itemization list of what you don't want
    - Details of how you want to be treated
- 29
- Fear based
  - Focused on what can go wrong
  - How is this really different from writing birth plans?
- 30  **What Nurses and Doctors Believe**
- Birth plans are publicly laughed at
  - They offer meaningless choices
    - Atmosphere of distrust
    - Opposite effect by setting patient up for sense of failure if birth does not go as planned
    - "Here comes a c-section"
- 31  **Nurse Quotes About Birth Plans**
- *The greater the detail in a birth plan, the greater the likelihood of a stat C/section...*
  - *Sad to say but every birth plan I ever saw was ridiculous! Not to mention it was always a curse that led to a c-section!*
- 32
- 33  **Imagine a First Date**
- 34  **HCPs are people, too**
- Want to be communicated WITH not TO
  - Relationships are important to them

- Want to be trusted for their skills and knowledge

35  **What the survey says about birth plans!**

36  **What the survey says about birth plans**

- Mothers feel a sense of failure when birth does not go according to plan
- Increased risk of PMAD
- Mothers after fact don't believe their birth plan gave them more control over birth (Brown; Whitford)
- Mother's don't feel as though they helped them have a positive outcome (Lundgren)

37  **Truth About Birth Plans**

- Represent what you think you want given a certain set of circumstances
- Labor is unpredictable
- You can not predict your emotional or physical circumstance
- Very little room for flexibility

38  **Don't Throw Baby Out with the Bath Water**

- Help families think through options
- Clarifying belief systems
- Communicating wishes prenatally to promote discussion
- Helping to express values to support team
- (Moorem, 2003, Jackson, 1986, Lothian, 2006, Brown)

39  **Options other than birth plan for communicating needs**

- Honest conversations
- Carefully select care provider and place of birth
- Practice, practice, practice (don't just take a class)
- Use "conscious agreement" for any and all decisions
- Create a birth vision board

40 41  **Alternatives**

- Verbal Birth Plan – “I’d just rather them communicate with me at the time which they do anyway and then say right we’re at this stage now would you like this. We can do this for you or that for you, how do you feel about it and if you’ve got time then you can deal with those things.’ (Patricia, 326).”

42  **Alternatives**

- Mindful Birth Plans – “To me it’s having that idea of what you want coz you can rock up in labour and there’s just so many options that’s its nice to be well I would like that and I would like that and I’d like to try that and I don’t want that but I don’t think people should be too rigid on it. Again obviously a lot of my experience is based upon watching one born every minute. I was watching an American one where one couple they were so rigid to their birth plan and they had to be like you can’t have this, the baby is distressed, no no no we want this and it was so ridiculous. It’s nice to have an idea, but that’s all it should be.’ (Bethany, 165).

43  **Alternatives**

- Informal Birth Plan – “I just don’t know how they can be followed through in general, I genuinely don’t ... they’re good for your husband and possibly sitting down with your partner ... going through with them what you would like. Maybe that, as oppose to it being done on a professional level, it needs to be something that needs to be done between...mother and birthing partner and try to be put in place that way erm as oppose to just sortof a midwife sortof reading it. I think, doing a birth plan but going through it with somebody that’s going to be at the birth might make it better as oppose to doing it and expecting a midwife to even pay any attention to it whatsoever. Coz...you can go through it

with your community midwife but who's to say that's she's going to be there when you are delivering your baby.' (Miriam, 528)."

- 44  **Alternative**
  - The Birth Vision Board
- 45  **Creating a Birth Vision Board**
  - What is a Vision Board
- 46
- 47  **This is Your Brain on a Vision Board**
- 48  **Creating a Birth Vision Board**
  - TWO NEW TOOLS TO USE WITH VISION BOARDS
    - Conscious Attachment
    - Conscious Agreement
- 49  **Creating a Birth Vision Board**
  - Conscious Attachment – Tool #1
  - It is the act of consciously and directly communicating and connecting to your baby.
    - Get quiet and pause
    - Get in touch
    - Communicate
    - Promise
- 50  **Creating a Birth Vision Board**
  - Conscious Agreement - Tool #2
  - Definition “The act of making decisions based on deep inner listening and coming to an intuitive mind/body spirit agreement. It is making decisions that feel good at a gut level. It occurs when you are in collaboration with your inner wisdom and every part of you says yes.”
- 51  **Creating a Birth Vision Board Steps**
  - STEP 1 - Separate yourself from external influences

- No cell phones, t.v., computer, etc
- Time of day when you won't be disturbed
- Supplies: posterboard, scissors, markers, magazines, random images, etc.

52  **Creating a Birth Vision Board**

- STEP 2 – Get Quiet and pause
  - Quieting your mind and beginning either meditation or prayer.
  - Visualize yourself as a mother. Visualize your baby.
  - Visualize your labor and birth.

53  **Creating a Birth Vision Board**

- STEP 3- Listen In
  - Pay attention to the visual images.
  - Selecting the pictures or graphics that seem to resonate with your intentions.
  - Next arrange them on the paper into a shape or flow that appeals to you.

54  **Creating a Birth Vision Board**

- STEP 4-Decide and Commit
  - Put it in a place where it is visible not only to yourself but also to those who are in your inner circle.
  - Use it as a tool to discuss your hopes and your plans.
  - Share it with your partner, as well as your doctor or midwife. Show it to your doula.
  - Bring it to your birth. It's a piece of art that expresses your birth intentions.

55  **Consider Shifting**

- The times, they are a'changing.

56  **Get Started**

57  **Final Thought**

*In order to carry a positive action here we must carry a positive vision. ~Dalai Lama*

58  **Book Signing and Questions**

59  **Thank You, BEST!!!**