

BIRTHING IN AWARENESS

Creating Your Joyful Birth

"Becoming a parent is one of the most powerful and enlightening of all human experiences. It changes our lives forever, and it affects the lives of others. There are certain mysteries of life and love that can only be experienced through conceiving and having a baby. That is why parenting is such a gift. However, we do not suddenly become parents when we conceive or give birth. Parenting begins long before the baby is born, long before conception. The roots of how we feel and behave as parents go back to our own birth and childhood. They are based on beliefs both conscious and unconscious. We develop these beliefs firsthand from our own experience and secondhand from what others have said."

Creating a Joyful Birth Experience, by Sandra Bardsley and Lucia Capacchione.

Birth is a life-altering experience. It is a process by which you will activate your physical, emotional and spiritual knowing and unleash the deep and quiescent creation of woman to be born as mother, man to be born as father and energy to be born as child. Explore potential birth options to help you empower your experience and tend the essence growing within you.

The Birth Place: Choosing Your Nest

Choosing your birth place is a crucial component in your birth planning process. Careful consideration should be given to the environment, support system and options that are important to you.

Home Birth

For thousands of years the safety and the comfort of the home were considered crucial elements of the perfect nest. In the privacy and comfort of this nest, birth was assisted as a natural, empowering rite of passage that each maiden underwent to be initiated into the circle of motherhood. The home is the natural setting that intimately caters to your unique and individual needs. The mother has control over whom she invites into her birth space and will have the specialized support she needs with the care of a midwife, doula and loving family members.

For the healthy pregnant mother, midwife and doula attended home births consistently show better outcomes and significantly reduce infant mortality. Satisfaction with the birth process and outcome reduce the incidence of post natal depression and breast feeding is more likely to succeed. Choosing to have a home birth demands commitment, cooperation and trust. For further information regarding home births please contact **Maria Sterrenberg 082 514 7845**

Reasons to choose home birth:

- ❖ Family participation and bonding is greatly encouraged as well as protection of the birth environment and process.
- ❖ It is a natural setting designed to facilitate bonding and recuperation.
- ❖ An enormous sense of empowerment is achieved by making your own decisions and being assisted in fulfilling them.
- ❖ Midwife attended births for healthy women consistently show better outcomes for both mother and child.
- ❖ Fewer cases of fetal distress and a lower rate of cesarean section are reported as the mother and child are protected from unnecessary interventions, infections and outside influences such as other birthing families and unwanted distractions.

Birth Center Birth

A home birth is not suited to everyone and a safe alternative to hospital birth is to give birth in a free-standing birth center. A birth center provides a comfortable, home-like setting coupled with midwives and doctors who are committed to offering gentle, non-invasive, consistent care personalized to each individual woman's needs.

Birthing Centers use fewer procedures and may offer measures to provide comfort and support for women in labour. The midwives who attended the women in labour and birth may also provided prenatal and post natal care. For more information regarding birth centres please visit www.linkwood.co.za

Reasons to choose a birth center:

- ❖ Birth Centers integrate a professional, safe environment with a home-like setting.
- ❖ Birth is treated as a natural event, not something that needs to be “managed”.
- ❖ Birth Centers encourage a shorter stay away from home, while offering continuous, personalized care.

Hospital Birth

Most women today are unaware of the choices before them. It has become standard to book into a hospital for the birth of a baby. This decision is primarily taken because they are convinced that it is the safest environment to give birth in because of the technological advances that have been made in recent years.

In a hospital setting staff is trained to deal efficiently with unexpected and life threatening complications. Pharmaceutical pain management, alternatives for inducing or speeding up labour and assistance with delivery are all available. Your choice in care can be extended to a midwife or obstetrician delivery with the added assistance of a doula. Natural, assisted and caesarean births take place efficiently and routinely. Be sure to tour the hospital ask about their specific policies before you make a decision.

Reasons to choose a hospital:

- ❖ Women may have medical reasons for needing hospital care during their pregnancy.
- ❖ A hospital may provide a woman the security that she is in the hands of professionals specially trained to cope with any possible emergencies.
- ❖ Women may choose the hospital where an obstetrician or midwife they trust and already have an established relationship with practices.

Birth Options: Water birth

Water birth is an option that is available in a home, birth center or hospital environment. It is increasingly more accepted as a safe, fulfilling and physically pain relieving method of birth. Women who labour and/or birth in water enjoy the freedom of movement, the weightlessness and relief from pain as well as the peaceful atmosphere. They also feel empowered in being actively involved in birthing their babies. Many believe that water provides a gentler transition into life, as the baby is delivered into a medium that resembles its watery world of the past nine months. The baby is introduced to gravity gently through the added benefit of the mother's reassuring presence.

For further information please contact
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