

Seeking Sovereignty

POINTS TO PONDER

- Just like everything in life there is no one size fits all. I invite you to use these questions simply as a guide to begin exploring and illuminating....what do *you* want? No one knows what you need except for *you* & *your baby*. Slowly reflect on each question to envision what you are desiring, strip back the layers and lean into trusting your body & intuition. What would it feel like to take **radical responsibility** for your choices in birth?
- These are questions you can ask yourself as well as a potential provider to understand your providers' role (if you want one), narrow down providers you align with and determine your non-negotiables .
- Remember you have autonomy, you don't have to tolerate compromise in your birth. Nothing is permanent! You can always change your mind, decline services or change care providers at **any time**.
- To receive accurate and honest information on all of these topics visit: **<https://indiebirth.org/>**, **<https://www.freebirthsociety.com/>** & **<https://evidencebasedbirth.com/>**. I am also available to answer any & all questions!



Space Clearing

Fear.

Fear is a natural part of pregnancy no matter how many babies you have had, how excited you are to meet your babe or how much we trust in the process of birth!

The work within pregnancy is what we do with this fear, how do we sit with it, grow from it and transform it. It is essential to make the space for fear so that it does not dictate our choices.

Guiding Questions

In my birth experience I want to feel _____

How would it look to feel the way you want to feel?

When do I feel most connected to my baby & body?

What fears are mine and which ones are projected from others?

What have my dreams and my body been telling me?

What parts of nature or life make me feel the most present?

What aspects of your life can you control?

Are there concrete things that you can link the fear or anxiety to? What are your triggers for feeling anxiety or fear?

What homeopathic, counseling or general support would benefit me?

Suggestions:

Start journaling, group fears by trimester and access their source.

Seek out positive birth stories within your community.

Create a personal visualization to rid yourself of anxiety or worry.

Incorporate physical movement through out your day.

Align yourself with nature whenever possible.



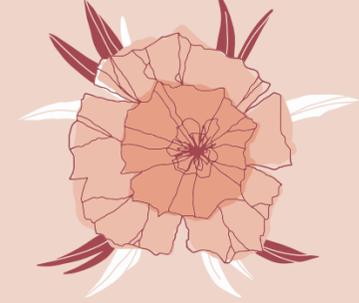
Prenatal

- What does prenatal care entail? How often and for how long will our visits be? Are you available to me 'after hours'?
- What is your view on prenatal testing? Which testing do you feel is essential?

Common tests include: Vitals, blood tests, glucose testing, GBS testing, STI Screening, RH Negative testing, antibody screening, etc.

- How do you feel about VBAC (Vaginal Birth After Caesarian)? How would my care differ (if at all)?
- How would your care change if I were to decline any/all testing?
- What information do I gain from these tests? Is this information applicable to my pregnancy?
- What is your stance on ultrasound?
- How often do you feel ultrasound is necessary, if at all?
- What is your definition of high risk? What does 'high risk' support entail?

Birth



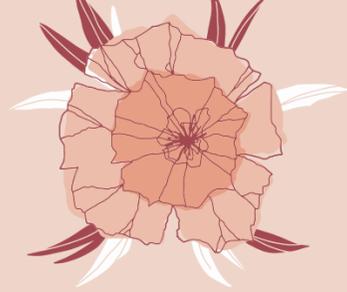
- What is your rate of induction, more importantly what are your reasons for induction?
- When would you be comfortable or **NOT** with an induction?

Reasons given for induction could be: Baby's size, water broken for certain amount of time, past 41 weeks, low amniotic fluid, gestational diabetes, high blood pressure

- What methods of induction are regularly used?

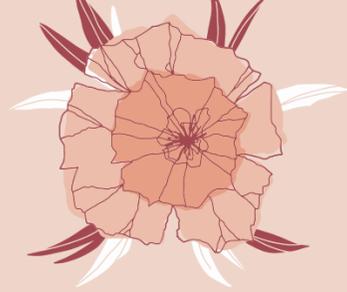
Common methods used: Pitocin, Foley bulb, membrane sweeps, artificial rupture of membranes (AROM), Cervadil, Cytotec

- If I was to go past 41 weeks (which is normal), what are my options? How would your care change?



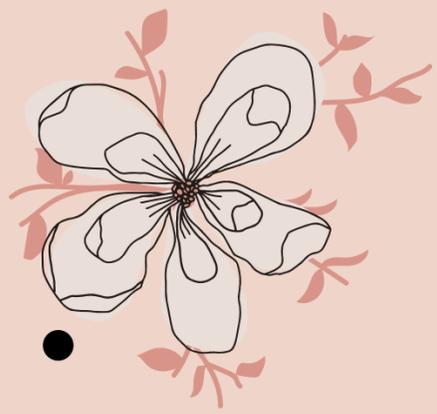
Birthing

- What does laboring look like? Are there restrictions on movement, eating, drinking, while in labor?
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- Who is 'allowed' in my birthing space? If birthing in a medical setting, are family members or birthkeepers welcome?
- What are your thoughts on continuous or intermittent labor monitoring?
- What is your perspective on routine vaginal exams upon arrival (if in medical setting) or to confirm starting of pushing?
- If I desire pain relief, what options are available?
Common methods used in medical settings: Nitrous oxide, Epidural, Intravenous medication etc.



Birthing

- What is your stance on coached versus physiological pushing? Will I be able to be in any desired position during labor?
- Under what circumstances would you (if ever) perform an episiotomy?
- What is your rate of c-section (if in a hospital setting) or transport rate (if working with a midwife)?
- Under what circumstances would you deem a c-section/ transport medically necessary?
- Are there options for gentle caesarians?
i.e. different types medications available, music, clear drape, skin to skin, delayed cord clamping, saving placenta



Postpartum

- What approaches are used after the baby is born?

Routine procedures in medical setting: Drying off the baby, bulb syringe in baby's mouth/nose, hat/ blanket, weighing/ measuring baby, Vitamin K shot, Hep B vaccine, Newborn exam, antibiotic eye treatment

- Is skin-to-skin and/or delayed cord clamping encouraged?

- What is the procedure if I were to tear (also very normal!)

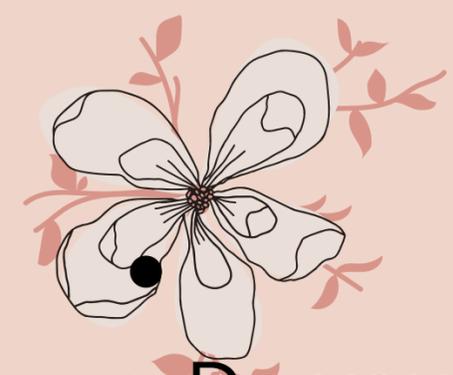
i.e Suture technique, how do you determine when to suture

- What approach do you take for placenta birth (active management vs. physiological)?

- If an active management stance, what techniques are used?

Common techniques: Pitocin use (if not already using it) cord traction, uterine massage, cord clamping and/or cord blood collection

Postpartum



- Do you support placenta consumption? If so, what is the procedure for my placenta to be saved? (more applicable to a hospital setting)
- What does my postpartum care look like? How do you want to feel in your postpartum & what people/ services are available to achieve this?
- What infant feeding support is available to me?
- What support system do I have in place and/or what local support groups are available in my community?
- What types of personal traditions/ rituals would you like to engage in during your postpartum period?