

Planned, Non-Laboring Caesareans

Women in Your Position

Basically, you will fall into one of three categories within this group:

- Those who are angry and disappointed that they will not labor and have a vaginal delivery.
- Those who are delighted they won't have to labor.
- Those who accept the choice because they believe a non-laboring surgical birth is necessary but would have been fine with doing labor.

Agreeing To What You Don't Want

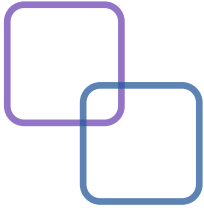
If you decide to go ahead with this unwanted, non-laboring Caesarean, there is nothing to stop you from grieving your loss of a vaginal birth –go ahead. There will be grief in your life again about other things. But, even when you grieve, you still need to live. So why not learn skills and become empowered?

You have to put your energy into what you can do to improve your experience, rather than focus on what you don't like. Life doesn't always throw us cupcakes and roses. Resilient people know that their attitude and what they do for themselves is always the path toward healing and changing the colors on the canvas of their life.

So, if you are agreeing to something you don't want, your job is to find ways to do what you *do* want, within what you will have. The time you take during pregnancy to prepare for birth can go a long way to work through your grief, anger, and disappointment. Focusing on doing this one thing for yourself can become the beginning of a whole new way to look at the connection between pregnancy and birth.

Upset at being forced into it

"Everyone in my family pushed me into an elective Caesarean. I was just walked over! The



only light in my life was the Pink Kit I had received in my Blessing Way Ceremony. I felt ashamed that, unlike all my friends who had home births, I would have an elective c/s. Why did I agree? I didn't have the courage to resist.

"I went through each of the resources again and again. I covered my whole being with the skills. They were the only things that made me feel whole and complete. I sobbed every day as I discovered my body and grieved the lack of natural birth. Over the following months, I came to accept my situation but never really was happy. My skills became part of me, and my confidence grew. I could imagine the whole birth. I'd go into hospital, be prepped, wheeled into surgery, have my belly cut open, be sewn up, hold my baby, then go into recovery. To help me feel positive, I mentally applied my skills to the images. That helped. Everything helped as soon as I used my skills. No, this wasn't the birth I had wanted, but I definitely made the most of it.

"After the birth, an amazing thing happened. Among my friends, I was the only one who felt skilled! I knew my body and absolutely knew I had worked with my baby's efforts to be born. Most of my friends felt more disconnected and overwhelmed by the experience, even those who had had home births. Go figure."

Happily Accepting a Caesarean

If a Caesarean is what you actually want, the decision to have a surgical delivery will be quite easy. You just say yes once your doctor informs you of the necessity of an elective Caesarean.

Wanting a Caesarean has nothing at all to do with your desire to be involved with the birth of your baby. Don't let anyone tell you differently. Enjoy, enjoy, and enjoy this wonderful pregnancy and enjoy, enjoy, and enjoy using your Pink Kit skills to prepare for the birth.

Terrified of birth

"I didn't care what anyone said; I was not going to go through a labor and delivery. My mother had died giving birth to me, and I wasn't going to risk my life. My husband shoved