



You and Your Upcoming VBAC

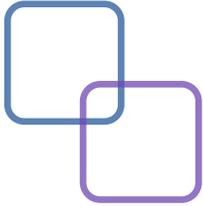
There is truth in the old adage, "There is no way to know what your birth will be like." For any number of reasons, your previous birth, or births, ended with a surgical delivery. Now, for your next birth, you want a vaginal birth after a Caesarean, or VBAC.

But what are you feeling?

Few women feel vulnerable and disappointed if their **next** birth is a Caesarean— instead, they feel absolutely blessed by a modern medical system that saved or prevented injury to themselves or their baby. Yes, they might feel twinges of disappointment for not having another vaginal birth, but few modern women would be willing to risk either their baby or themselves just to have a vaginal delivery.

If you're a woman or man who honestly believes that the life or well-being of your baby or yourself was made safer by your **previous** Caesarean, then you mostly likely have an open mind and will have no objections to working hard to best prepare for this coming VBAC. Yes, there may be some aspects of your previous Caesarean you still have questions about, but most likely you are at peace with your previous birth, because you feel the surgical birth served a higher purpose. The Pink Kit resource is for you. You don't want to attempt a VBAC and end up with what you later consider to be an unnecessary Caesarean!

But are you a woman or man who feels that you were pushed, bullied, or frightened into a previous Caesarean? Do you feel that you gave up and gave in? Are you now angry, yet determined to achieve a vaginal birth? Bravo! This Pink Kit resource focuses most of all on you. It is here to guide you to prevent, eliminate, or reduce the need for a subsequent unnecessary Caesarean. Growing your own skills for this life experience can lend toward healing a lot of the shame, blame, and guilt that often surround birth.



The Pink Kit Came from Our Own Stories

Because your Pink Kit resources come from thousands of diverse families, we had to compile skills that crossed all boundaries of differences. The first thing we discovered is that we had to change our attitudes about childbirth, and we hope you will do the same. If you go into birth with an ideal, rather than common sense and self-knowledge, you are more likely to be disappointed.

We're using the past tense here because this is what we learned; we hope you'll learn the same things in the near future.

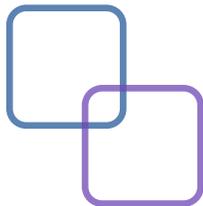
- We discovered that, no matter what happened at our birth, when we had the appropriate skills, we could always “birth better” even if we didn't have a “better birth,” and this led to personal pride and satisfaction.

As soon as she coped, we got through the VBAC

“My wife was absolutely anti-medical! The birth of our son had just confirmed her beliefs. I wasn't so much but, boy, having a VBAC was so important to her it took over our lives. I certainly tried to understand what she was feeling, but I just don't see the medical profession as the monster she does. And I certainly didn't see the doctors and staff being mean to her at the last birth, but she felt they were dismissive, abusive, and callous.

“Anyway, I loved The Pink Kit. We lacked almost all the skills at the last birth, so I thoroughly spent my time learning what I could do to help. Curiously, my wife was a bit resistant to doing the body preparation. She felt that would detract from her ability to instinctively birth. Boy, I just found her attitude so challenging. But I love my wife and could just listen and try to understand. It made perfect sense to me to have skills and prepare her body to let out another big object.

“Well, things went from bad to worse, really. The baby was persistently posterior; my wife went over her due date by three weeks and developed a small level of toxemia. Her membranes were ruptured, she developed a slight fever, and the baby had irregular heart tones. Of course, she and the baby were heavily monitored. The doctors were trying to support her choice for a



VBAC, at the same time trying to tell us that both she and the baby were at some degree of risk.

“Those are the facts around the experience. Nothing like my wife would have wanted. She was fighting everything the doctors and staff were doing.

“But what did we do? We used our skills. It became apparent right away to me that my wife did not cope well with labor contractions, so I got in her face and insisted she now use the skills I had learned so thoroughly. I just told her that she didn’t have to like what was happening one bit, but she was in labor and had a choice to make. Either she could do the labor, or she could spend that time being pissed off. She listened, and we began to finally work like a team. It was great! And she was terrific once she really got how to work with the contractions, deeply rest between the contractions, and work around all the medical fiddle.

“Curiously, but not surprisingly, as soon as she started coping well, the doctors and staff started to feel more relaxed. I know they had just seen her as being ‘difficult.’ Now, they saw her as a woman who was coping well with labor pain and being very pro-active with her birth experience. The potential risks were still there, but her labor was progressing.

“The end result was a vaginal birth after a Caesarean. Because my wife had resisted doing the internal work—because she had read that women naturally stretch—our baby ended up needing some assistance coming out her vagina, since her muscles and tissues were so tight. I knew that—I have sex with her and know how ‘tight’ she is. But I just couldn’t get her to let me do the internal massage with her during pregnancy.

“Oh well, we learned heaps. Did we have a good birth? Actually, we think we had a terrific birth. Without the skills, my wife would have felt passive to all the issues that had arisen over which she had no control. Instead, she controlled every single moment of the labor and delivery by choosing to use one or more of her skills. Without my skills, I would have done what I did at the last birth: be there, but be useless. Instead, I knew we could achieve what she wanted if we persistently and consistently used our skills and worked with the efforts our baby was making to come out of her body.