

TYPE OF BIRTH



VBAC to a

Caesarean



Pink **KIT**
METHOD®

From a Planned VBAC to a Caesarean

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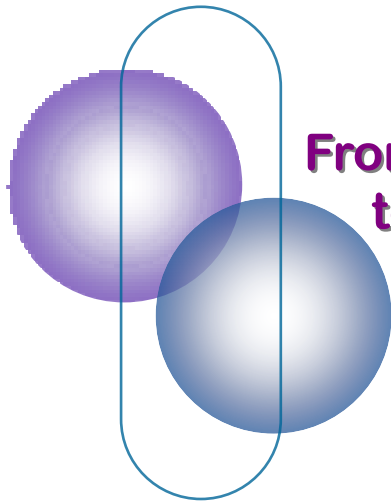
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Birthing Better with The Pink Kit Method®
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From a Planned VBAC to a Caesarean

Face Your Loss

In spite of all your planning and hope to achieve a Vaginal Birth after a Caesarean, you are now facing the prospect of undertaking a non-laboring Caesarean. Or you fear that your birth care provider will inform you that an emergency Caesarean will be required once you're in labor.

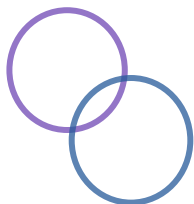
Perhaps a surgical delivery is not what you want or even what you're ready to tolerate. If that's the case, there is no doubt that you are justified in grieving your loss of a VBAC—go ahead. Everyone has a right to happiness and a right to grief. You have a right to want a vaginal birth, even desperately. However, you might not achieve what you want.

Most of us are used to planning, and many of us are comforted when we feel in control. If you have “planned” a wedding, you know that the ceremony will take place only after months of doing, coordinating, and practicing. In fact, the “wedding plan” is only a guideline to putting the wedding together with small, incremental accomplishments—and the big day doesn't always end up adhering to the plan.

Giving birth is even less controllable than a wedding. Your baby must be born, so, once you're pregnant, you will give birth. If you lived in a society with no access to medical care, you would labor and give birth vaginally no matter what. However, you live in a society with a modern maternity system and presently a very high rate of Cesarean births.

If your plans for a VBAC are not going to actualize, does this mean you should become a passive lump? That's what women in your position often feel, no matter whether they are actually pleased with the decision or are raging against everyone.

What is your birth really about? You? Your baby? No woman gets pregnant to “have” a vaginal birth or a surgical birth. Women get pregnant to “have” a baby. Your baby's birth is as much about him/her as it is about you. Your baby can't choose



the type of birth it has, nor can you. However, as a parent-to-be, you can choose how you approach the coming birth and how you remain in relationship to your baby.

Your Birthing Better Pink Kit resources have always focused on what we could “do” for ourselves in whatever birth we experience, because these skills come from parents. As parents, each of us wanted to be involved in our baby’s birth. We discovered that using skills was the way we could do that, no matter what birth journey our baby had.

There will be grief in your life again about other losses, other plans that didn’t work out. Even when you grieve, you still need to live. So why not learn skills and become empowered to live to the fullest?

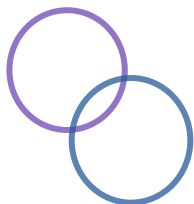
What You Can Still Do: Pregnancy

Let’s start off right away with changing your immediate orientation, which right now is focused on the “outcome” and “the birth,” and turn your attention to the fact you are pregnant now.

Some women are so fixated on the type of birth they will have that they can’t extend their mind to comprehending that the type of birth is not as important as the relationship they have with their baby through the pregnancy and then throughout his/her birthing journey.

Of course, it’s your choice to let your negative (and valid) emotions block you from the level of enjoyment you can create. But you’re reading this resource, and thousands of Birthing Better Pink Kit families are encouraging you to rethink, do differently, become and remain engaged, and enjoy.

You have to decide that your pregnancy is a unique episode in your life. You have to put your energy into what you can do to improve your experience, rather than focus on what you don’t like. And what you can do is immediately focus on and



thoroughly enjoy preparing your body for birth and learning birth and coaching skills for use during your baby's birth.

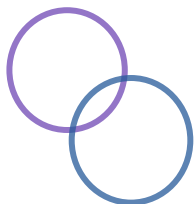
Making a choice to prepare for your baby's birth, even while knowing or fearing that you will have another surgical birth, is not an insignificant task! A future surgical delivery doesn't stop your body from its current pregnancy changes and developments, so you can and should still work with those. Your body is preparing to labor and have a vaginal birth. It's only your mind that knows you might not. Overcome your personal disappointment, grab hold of your parenting mind, and work with your baby.

What You Can Still Do: The Birth

It's hard to give up a dream, particularly the dream of having a "normal" or "natural" birth. But here's the rub. In our modern societies, there is a bit of an untruth that has been perpetuated about childbirth when the word "normal" or "natural" is used.

If we take away ALL medical care, anything and everything that might happen during "the birth" is normal and natural, even if unwanted, unpleasant, or tragic. However, the Natural Birth Movement uses those words as though they mean safe, easy, uncomplicated, and non-medical. Too often, women who want a VBAC also don't want medical intervention and sometimes fall apart because their labor was induced, even though they did give birth vaginally.

Once you truly change the way you look at your relationship to your baby, this opens up your ability to birth better, in spite of your birth experience being accomplished via surgery. Because your body has been preparing to give birth, you can still use those changes during the birth.



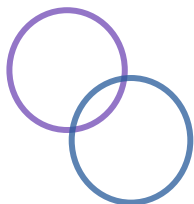
Here's the list of what you can do to birth better.

- Learn Birthing Better Pink Kit skills during pregnancy
- Practice your skills with the Braxton-Hicks contractions in later pregnancy
- Use your skills throughout the day prior to surgery. Treat this time as your early labor.
- Use skills on the way to the hospital, just as though you were in early labor.
- Use your skills at every moment you are being admitted and prepped. This is you and your baby's transition period, the major part of labor.
- Use your skills during the surgery. This is your baby's birth, and you, your partner, and your baby can work together as a family.
- Use your skills during any discomfort after the birth.

We have to take the societal stigma out of childbirth. No matter how your baby is born, you and your partner have the ability to be skilled birthing parents, and you should act in that manner.

These skills are a must

"After three Caesareans, my wife and I wanted to try for a vaginal birth. She really had never labored, and we found Caesareans to leave us feeling a bit dislocated. One day, you're pregnant, and the next moment you're a parent. We purchased the Pink Kit Package on advice from a friend. We couldn't believe that none of our childbirth classes, books, or birth professionals told us that we could prepare for birth and use skills during the surgery. We know our births would have felt more integrated had we been led toward these birth skills. But that's water under the bridge. There was not going to be a next time, so we took full advantage of the Pink Kit. As a dad, I can't tell you how important they were. Taking time together with our busy family life made all the difference in the world. We had a trial of labor, which was great, although my wife was hooked up to a fetal monitor and couldn't get out of bed. After twelve hours, the baby started to show signs of distress, so we had another Caesarean. This time, we continued to use our Pink Kit skills right through surgery. I cannot speak highly enough about the skills. They are a must."



Skilled Parents

If you end up with a planned Caesarean in spite of your desire for a VBAC, and if you use your Birthing Better Pink Kit skills, you are more likely to say:

- We thoroughly enjoyed preparing for this birth. The skills were great in both surgery and recovery.
- We didn't go to childbirth classes because of our planned Caesarean. The Pink Kit gave us the tools we needed to have the most natural birth possible for us.
- Because we had our Birthing Better Pink Kit skills, I wasn't passive.
- Because we had our Birthing Better Pink Kit skills, I knew how to help my wife overcome the physical and emotional challenges of having a Caesarean after planning a vaginal birth.

The time you take during pregnancy to prepare for birth can also go a long way to work through the grief, anger, and disappointment of missing out on the VBAC you wanted. ALL births are valid when the parents are truly committed to working with their baby's efforts to be born.