

TYPE OF BIRTH



*Non-Laboring*

*Caesarean*



*Pink* **KIT** METHOD®

## Planned, Non-Laboring Caesareans

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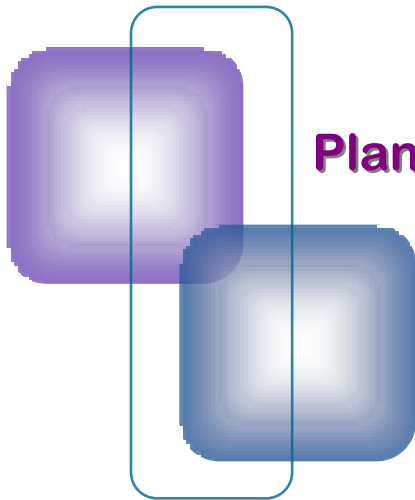
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Birthing Better with The Pink Kit Method®  
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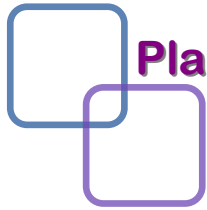


## Planned, Non-Laboring Caesareans

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## Planned, Non-Laboring Caesareans

### Caesareans vs. Vaginal Deliveries

When you ordered or received your Pink Kit Package, you might have been planning to labor and have a vaginal birth, but plans changed, and now you're having a non-laboring Caesarean. Or maybe you've been planning all along for a surgical birth. Let's start off by addressing the common misconception that non-laboring Caesareans play second fiddle to labors with a vaginal delivery.

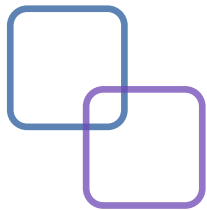
In reality, any pregnant woman is going to birth her baby one way or another. Because the ultimate goal is holding your baby, safe and sound, in your arms, having a surgical birth is as rewarding as having a vaginal birth. "Oh, no," you say. Oh, yes! This is your baby—do you want to risk this child growing up with a belief that he or she is less valuable to you because of the way he or she entered the world?

Look, your baby has to be born. Perhaps having a surgical delivery is not what you want or what you're glad you're going to have. But do not reduce your baby's value by attaching ultimate value to the type of birth you have. Because birthing safely is your real goal, it's of utmost importance that you prepare your body for birth, as well as learn birth and coaching skills that you can use during your baby's birth—and you do this now, by focusing immediately on your pregnancy.

### Linking Pregnancy with Learning Skills

Many women think a non-laboring surgical birth does not require them to prepare their body to give birth, much less learn birthing skills or use them. When you think in one way, this makes sense, but when you think in another way it makes no sense at all.

Just because you are going to have a Caesarean doesn't mean you shouldn't enjoy preparing your body to give birth. Having a Caesarean is still giving birth, and, if you are going to be conscious, it is still an activity you have to *do*, so why not learn



skills to use throughout the day of the birth? And whether you are conscious or unconscious for the surgery, there will be ample opportunity to use your Pink Kit skills during the many discomforts of recovery.

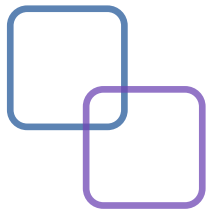
You have to decide that the birth of this child is something you want to participate in, beyond just having something “done to” your body. So let’s change your immediate orientation, which is set on the “outcome” and “the birth,” to the fact that you are pregnant now.

Isn’t that so obvious we should overlook it and focus on what’s important: the disappointment or relief that your planned vaginal birth is going to end up with a non-laboring Caesarean? Well, no—the most important thing you can do for yourself is spend time learning how to birth your baby now, while you are pregnant. Oh, you might say: “But that’s the problem, I’m not going to birth my baby—they are!”

If that’s what you’re thinking, you’re not alone: once the decision is made to go directly to the delivery and bypass the labor, most people just stop and wait out the pregnancy. The most they’ll do is gather information and make a Birth Plan. Yet birth cannot be planned, as you have recently discovered. You might have “planned” a vaginal birth, but you are now facing a non-laboring Caesarean.

Birthing Better with the Pink Kit Method® is asking you to think differently. The Pink Kit is all about thinking and acting differently during pregnancy and while giving birth, compared to the present approach, which devotes all attention to the Birth Plan. Linking pregnancy with “doing, coordinating, and practicing” skills that you can put into place on the way to the hospital (your labor), while being prepped, during surgery (your baby’s birth), and in recovery will totally change your life.

As Henry Spencer said, “The great aim of education is not knowledge but action.” Your Pink Kit is all about education in actions for you, a pregnant woman who is facing the possibility of a non-laboring Caesarean.



## 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?

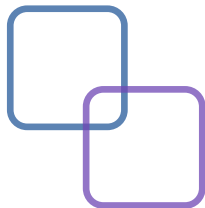
You have to put your energy into what you can do to improve your experience, rather than focus on what you don't like. Life doesn't always throw us cupcakes and roses. Resilient people know that their attitude and what they do for themselves is always the path toward healing and changing the colors on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

### Replacing anger with effort

*"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."*

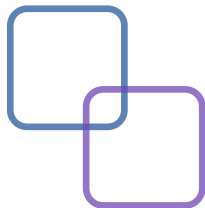
### **Happily Accepting a Caesarean**

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 the Pink Kit into my face, because he is one of those men who would give their eyetooth to be*



*pregnant. I went through everything with him. The skills certainly did not change my opinion, but they did settle me down and reduce my fears. We did use some of the skills the day our son was born, but mostly we used them afterwards, during all the discomforts of recovery and breastfeeding. I'm glad we did."*

## **Not Minding Much Either Way**

You've got it the easiest if you fall into this group. You're not plagued by the negative or positive emotions that surround surgical births.

This means you can just pick up your Pink Kit and dig in. You're more likely to have a clear mind that permits you to learn these skills, so appropriate to this time in your life.

### **I'd already had one**

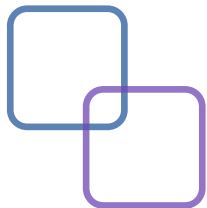
*"This might sound funny, but when our doctor recommended I have a Caesarean with the twins, I was okay with it. I had labored and had a vaginal birth with my daughter four years earlier, so I knew about that. We didn't want to risk our babies, so we decided on an elective Caesarean. The biggest difference was we did use the Pink Kit Package, because we were keen to be as involved as possible. Funny, I went into labor before the scheduled surgery and had one baby on the way to hospital. The other baby didn't come out right away, and after an hour I had a Caesarean for the second. So, I got to use our skills for both births. Except for nuisance of the fiddle of the surgery, my husband and I just continued breathing together and using the relaxation."*

## **The Benefits of Skills for Your Non-Laboring Caesarean**

It's quite simple, really.

- Both of you will enjoy taking time to prepare for birth.
- You'll become closer as a family and to your baby.
- You'll understand more about the activity of giving birth.





- You'll have skills to use that keep you connected and involved.
- You'll experience the same high as a woman and man who have accomplished a labor and vaginal delivery.
- You won't experience the sense of disconnect so common among families who have a surgical birth, whether necessary ones or by choice.

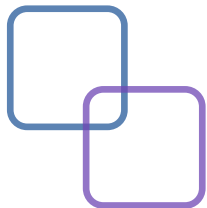
### How to Use Your Skills

As the big day approaches, you'll feel excited and nervous, just as a pregnant woman who is starting labor. When this excitement and nervousness begins, this is your cue to start using your Pink Kit skills.

Here is a timeframe for using your Pink Kit skills the day of your surgery:

- Whether you go to the hospital the night before or morning of the surgery, begin to use your Pink Kit skills on the way there.
- When you arrive at the hospital, there will be quite a bit of time before you are prepped for surgery. Just use your skills to calm your excitement and anxiety. No one even needs to know you are using them.
- As you get prepped, increase your use of the skills. This is no different from the changes that occur in a labor as it approaches the birth.
- As you get wheeled into surgery, focus entirely on using skills. Now you are truly beginning to work with your baby's efforts to be born.
- When you are placed on the surgical table and draped, permit yourself and your partner to become more closely connected through the skills you use. Everyone in the room will really see that you are involved with your baby. They will respect this.
- Now you are at the stage that, for you, is "the birth." This special period requires deep concentration as you "deliver" your child. Engage fully in this unique period.

And voilà! You are holding your baby in your arms. You naturally stop exercising your skills at this point, but you will use them again during recovery.



## Opting for a Vaginal Birth Anyway?

If you are considering against having the recommended Caesarean, you basically have two choices:

1. Accept the procedure and do everything you can to get as much out of the experience as possible.
2. Don't go to the hospital. Stay at home or go into the mountains or desert and have your baby.

There is a small group of families who say no to planned Caesareans, due to health risks or religious beliefs. Sometimes they do this by simply changing professionals or the place of birth. It's a lot of work to choose this way, to choose to have a vaginal birth in spite of professional opinion, but you *do* have a choice.

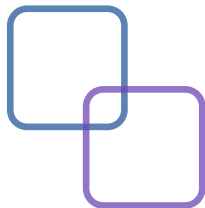
Just remember that with the second option comes risk. Taking risks is all about taking responsibility. If you believe you are being pressured into having an unnecessary Caesarean, you have to evaluate the risks and make decisions based on those risks and your willingness to take responsibility for them.

If you choose to refuse a Caesarean, you will find information and probably support within the unassisted birth movement. You probably know that the message of this movement is clear: birth is natural. But words such as "normal" and "natural" are complex and do not just mean easy, good outcome, or instinctive.

Hence, it's vital and imperative that you work to reduce or eliminate potential risks that could overwhelm your labor and vaginal birth. If you decide to step outside the convention and advice of medical care, you are part of a group who desperately needs to be highly skilled; you must take an exponentially more active role.

### **We'll be prepared next time**

*"We had the Pink Kit but didn't use it once we decided to have an unassisted home birth against all the medical advice. Curiously, none of the problems our doctor thought might*



*happen did. Others did. We weren't prepared for that or anything, really. We just said 'No' to medical care. In hindsight, and for our next birth, we will do the Pink Kit. One thing we found curious—because we made the choice not to use the Pink Kit, we didn't feel as guilty as we could have. We actually knew we had chosen to ignore the information—no, the vital skills, not because we are stupid people, but rather no book about childbirth made mention of the need for skills."*

## Be the Change

Many women who are planning to have a non-laboring, surgical delivery don't take the time to prepare. Why? There is absolutely NO societal expectation that childbirth should be a skilled activity. That's a dead ringer, stopping most people from having any motivation. You, especially, because of your circumstance, probably feel this helplessness.

In reality, you are barely different from other expectant families. When you focus on your individuality too much, you miss what we share in common. When you focus more on what we share in common, you'll realize that preparing your body for childbirth, learning the skills to do the activity, and using your skills to work with your baby's efforts to come out of your body is as necessary a part of your life's work during these next few months as it is for women who birth vaginally —and you'll enjoy it!

Why should your passage through this Gateway to parenthood not be glorious? Why should either of you be less involved in the birth of your child? Why should your baby not have your full attention and connectedness?

When you use your Pink Kit skills throughout the day you give birth, you lift up to a higher level the birth of your child. And your decision to use your Pink Kit as an avenue for enjoyment and connection will help to change all of society. Once you "get it," you'll tell others. Caesarean births will come out of the closet, as valid, precious, and special as any other birth.