

From Labor to an Emergency Caesarean

The Big Question: Necessary or Not?

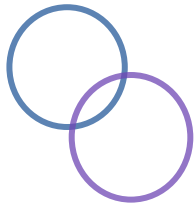
Most women who still believe six months to a year after their emergency Caesarean that a surgical delivery was totally necessary for the their or their baby's wellbeing usually feel thankful that they live in a country where this type of healthcare is available. Not that every aspect of their experience was to their liking, but they are often just plain grateful they and their baby ended up safe.

If you end up having an emergency Caesarean, how will you know it was or wasn't "life and death" necessary? You cannot go back and replay any birth. And the Birthing Better with The Pink Kit Method® cannot determine whether your Caesarean was essential, either. It's something you'll decide and believe in your heart, based on your situation.

If you surveyed every family who had an emergency delivery after being in labor, they would tell one of two hindsight stories.

- The emergency delivery was really, really necessary, and "Thank goodness I live in a country where that's available." These people can feel validated. There are lots of women and men like them.
- "The emergency Caesarean wasn't necessary, now that I look back on what happened." These people can also feel validated. There are lots of women and men like them.

Are there really any unnecessary emergency Caesareans? Nope. Every Caesarean is necessary at the time. So what does this mean? Given the present Caesarean rate in many countries (close to or above 1/3 of all births), it seems we are facing a major health crisis that puts 33% of all mothers or babies in imminent danger of death or injury without a Caesarean. Or perhaps modern women no longer can give birth as humans always have? Or perhaps women are too lazy, work too much already, can't be bothered? Perhaps there is a doctor on every corner with scalpel in hand, eager to cut you open? Perhaps there is another reason that no one is even thinking of: a lack of skills.



Birthing Better with The Pink Kit Method® is based on a firm belief that society at this time places almost no emphasis on having a skilled birthing population. Thus, expectant families do not know that they have to prepare the pregnant body to give birth or learn and use skills to do the activity of giving birth. From a Birthing Better Pink Kit perspective, this basic lack of skills results in increased medical interventions, including surgical deliveries.

Changing Your Perspective

Changing childbirth means we have to change our perspective. No woman gets pregnant to “have” a medical or natural birth. Women get pregnant to have a baby. This means we must change the focus from “outcome” to how you can be truly engaged in your baby’s birthing process. And the way to stay engaged is to become skilled at giving birth. Up to now, society has not framed childbirth in this manner.