



From a Planned VBAC to a Caesarean

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