



"If we are to heal the planet

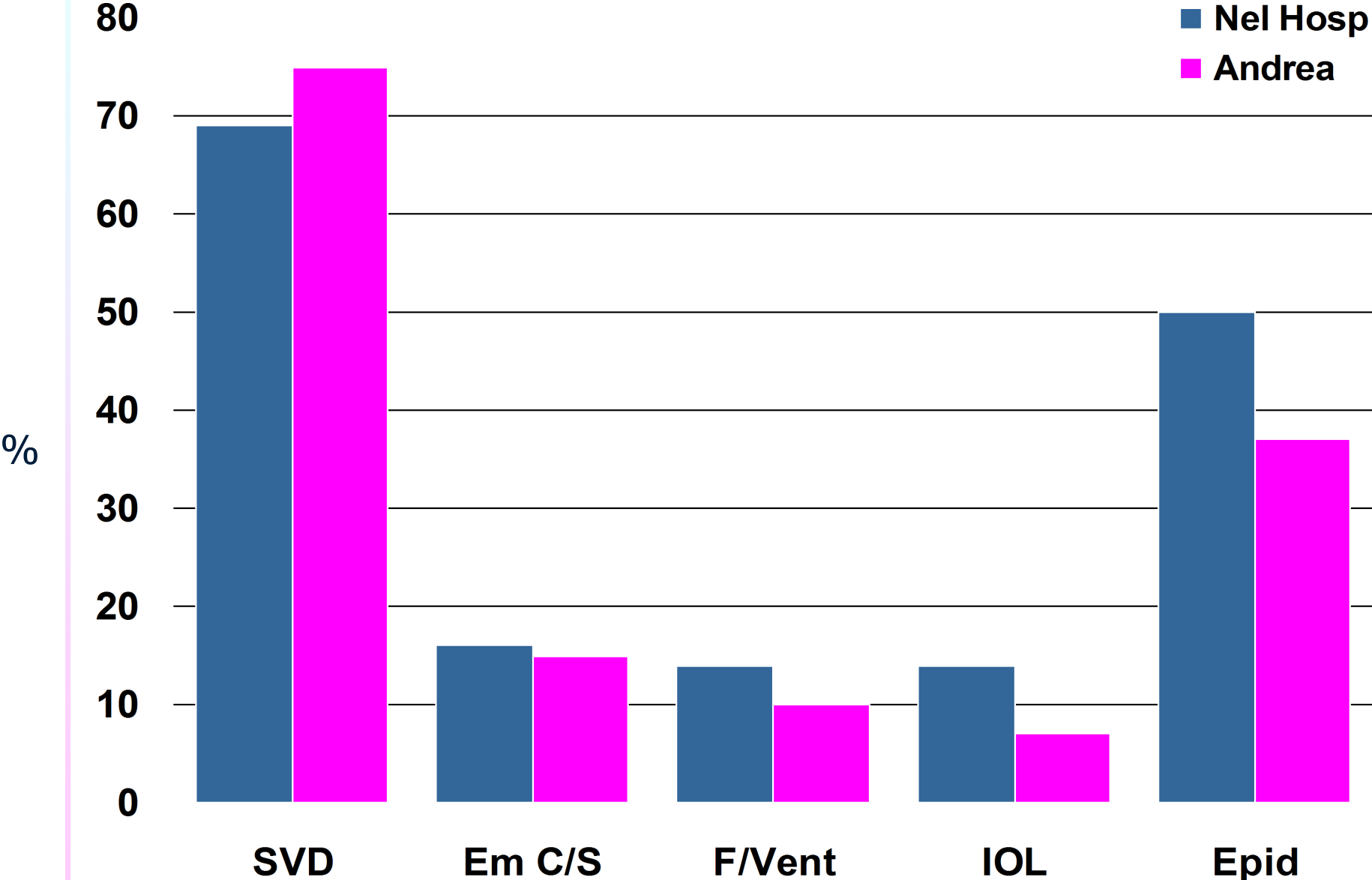
we must begin by healing birthing"

Agnes Sallet von Tannenberg





2000 Statistics





Nelson Hospital

**Nelson Hospital statistics
reflect the national trend**

Here's How I saw it...

Midwives

- **Want women to have good birth outcomes**
- **Empowering birth experiences**

Midwives

- **Are experiencing more occupational fatigue**
- **Fearful in the current climate of litigation and blame**

Women

- **Want positive birth experiences**
- **In doing so the women/midwife partnership is often too heavily weighted in responsibility onto the midwife**

Fathers often stood around not knowing how to help.

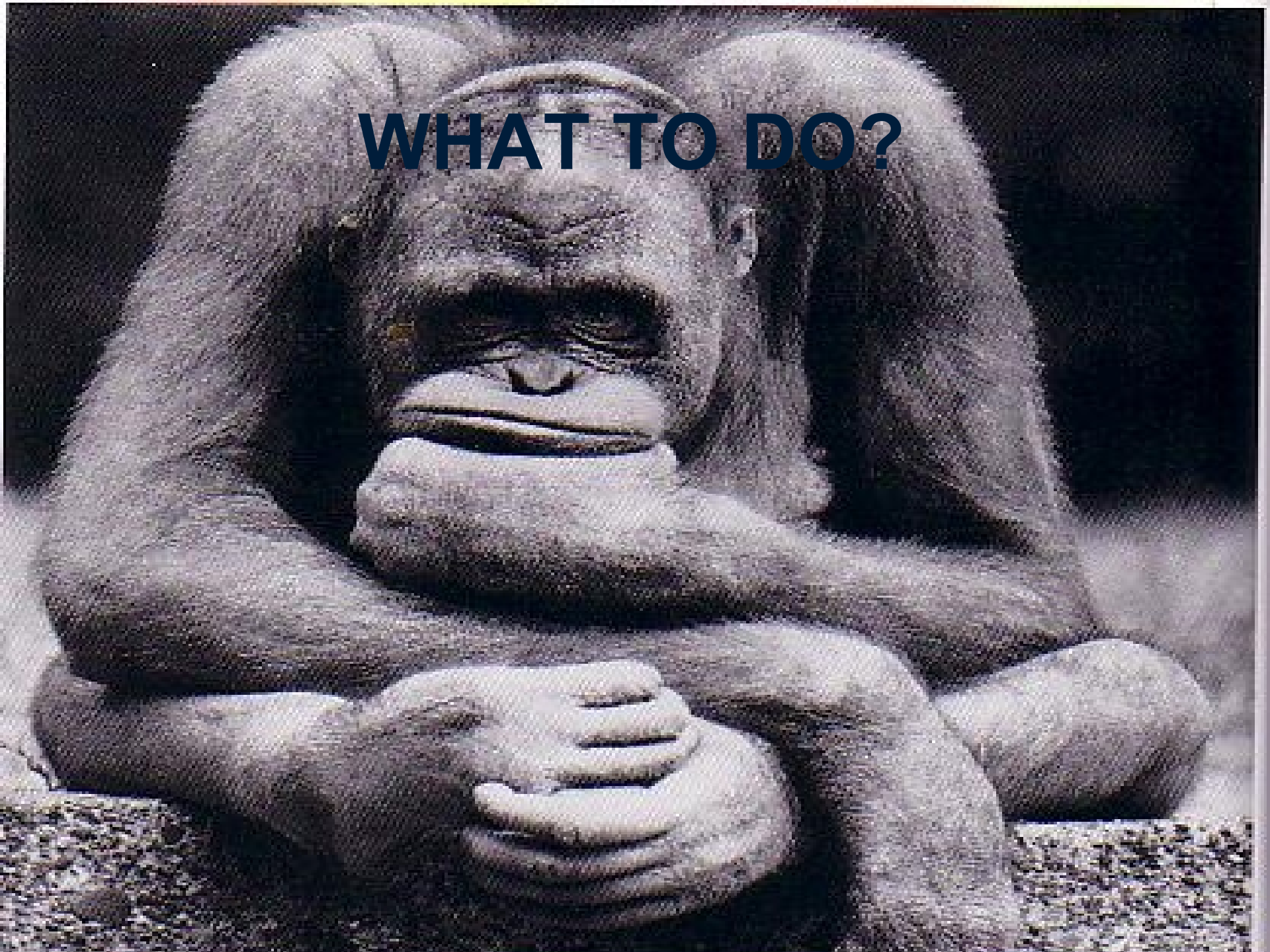
Too much pain

- When we experience too much pain and don't know how to over-ride it we can become disconnected from the experience and feel out of control.

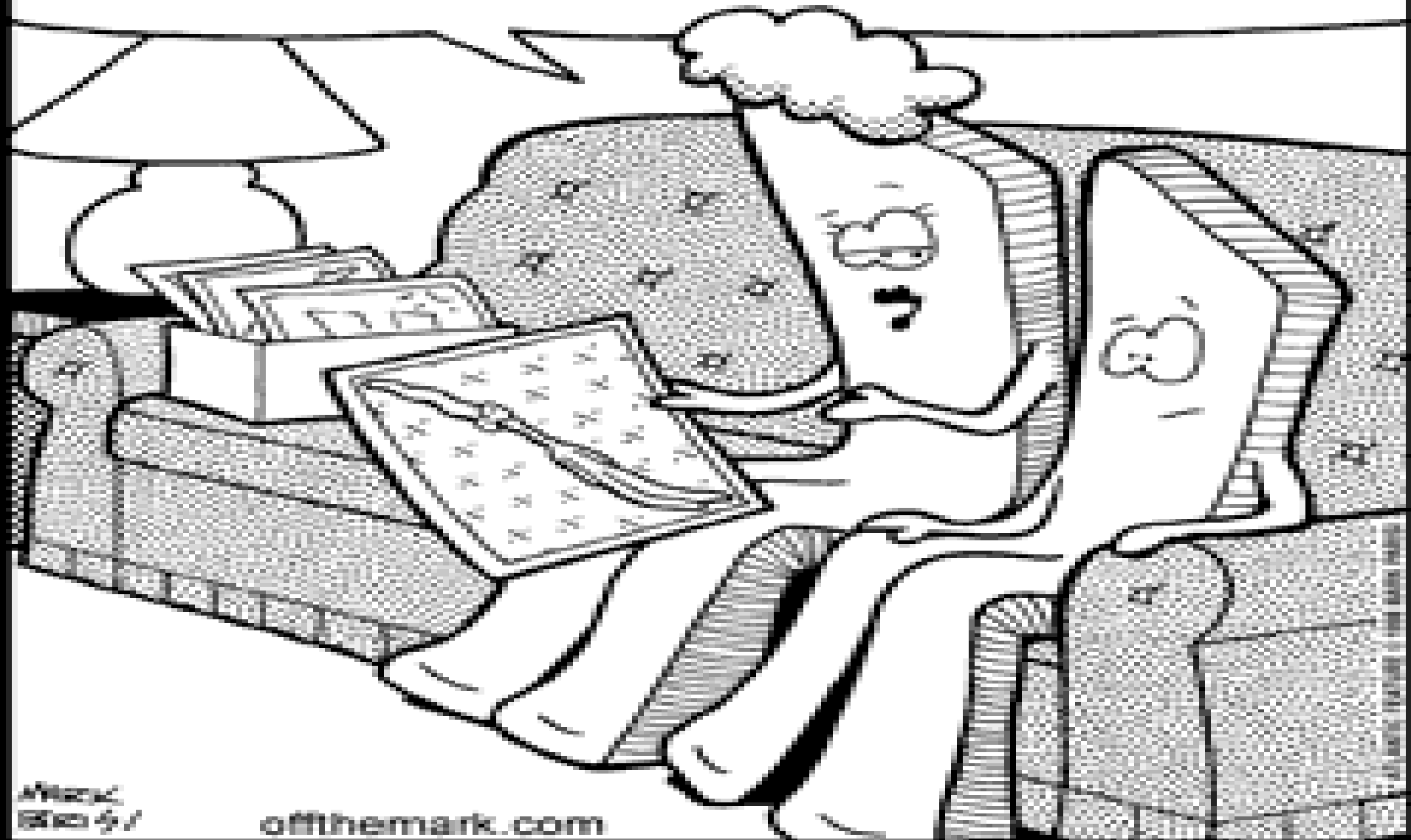
We experience anger and disappointments at our own efforts to cope.

- We feel angry that our support people /practitioners, didn't do more to help us.
- We often feel violated by procedures done too us.

WHAT TO DO?




...AND THIS ONE WAS TAKEN THE DAY YOU WERE BORN...IT WASN'T EXACTLY WHAT I'D CALL AN EASY DELIVERY...



The Pink Kit



A photograph of a man and a woman in conversation. The man is on the left, looking towards the woman on the right. They are outdoors, with a body of water and trees in the background. The text is overlaid in the center of the image.

“Arrogance and self-awareness seldom go hand in hand. You need to take the ego out of the equation.”

It took time to.....

- ❖ stop trying to improve normal birth outcomes
- ❖ wake up to if women and partners, take skills to birth they self reduce intervention
- ❖ see with more positive birth experiences, there are many happy side effects only one of which is more normal births

2 types of birth requiring medical attention:

Births with clearly defined medical conditions which involve increased assessments, monitoring, and procedures.

Births that require more medical care because the woman does not cope with birth pain, gets tired, has tension in her body that delays the descent of the baby and opening of the cervix/birth canal.

BIRTH IS NOT ALWAYS PERFECT, HOWEVER, IT CAN BE INSPIRATIONAL!!

From 2000 the only changes we made was to introduce the bodywork from the pink kit.



YOU GOTTA INDUCE HER, DOC! THE DUE DATE WAS YESTERDAY AND IF THE BABY ISN'T BORN BY TONIGHT, IT'LL BE A LEO! A LEO!! AND WE'RE BOTH WATER SIGNS!



ASTROLOGICAL INTERVENTION

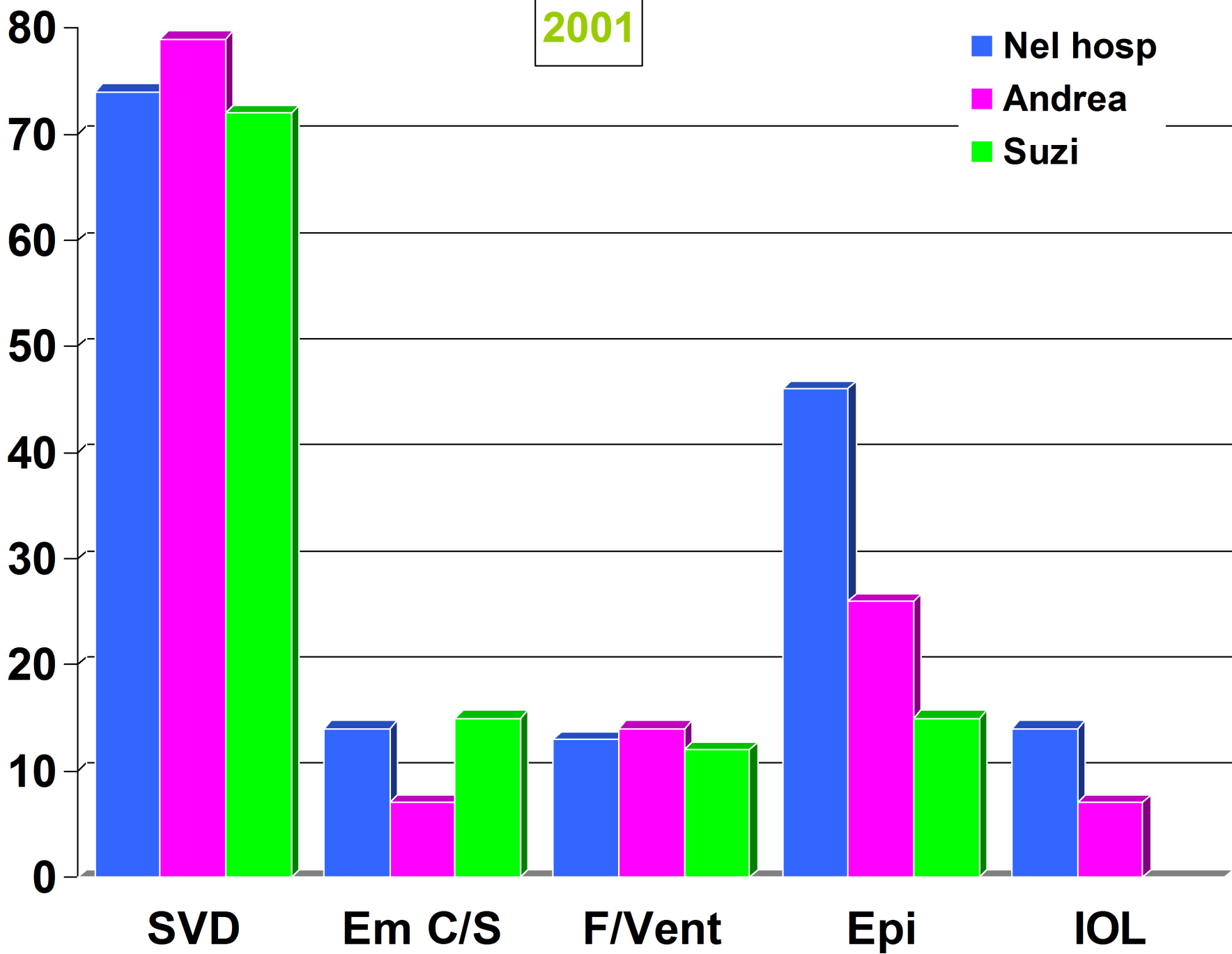
Which picture do you prefer?



2001

- Nel hosp
- Andrea
- Suzi

%



Internal Work

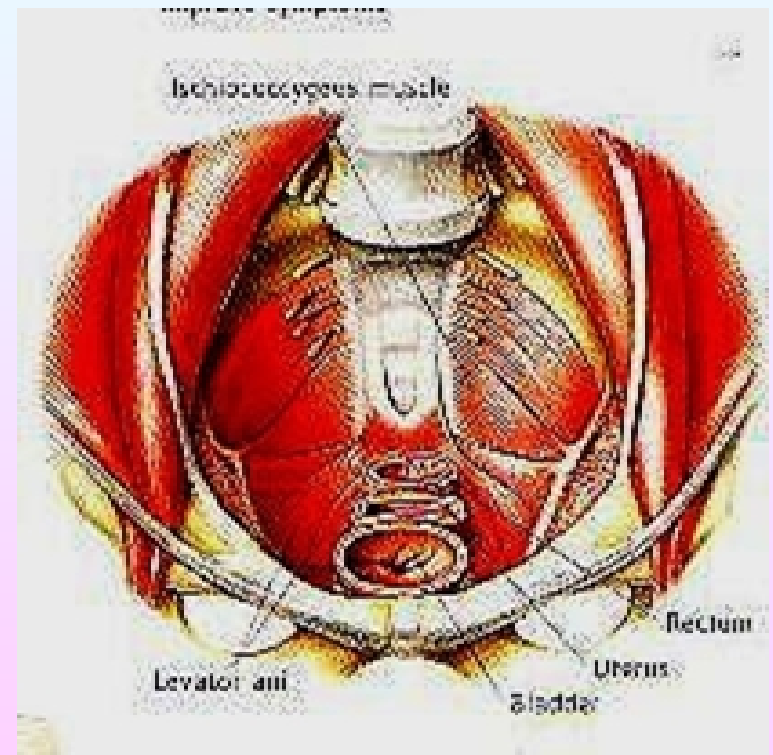
Massaging the vaginal wall muscles laterally and posteriorly in preparation for childbirth. It does not just involve the perineum.

Objectives:

To create more space in the mid pelvis and outlet.

To create less tension in the vaginal and perineal tissue.

To increase women's knowledge and confidence to deal with second stage.



Internal massage

Faster second stages

Less forcep and ventouse

Decreased incidence of perineal trauma

Less fetal compromise.

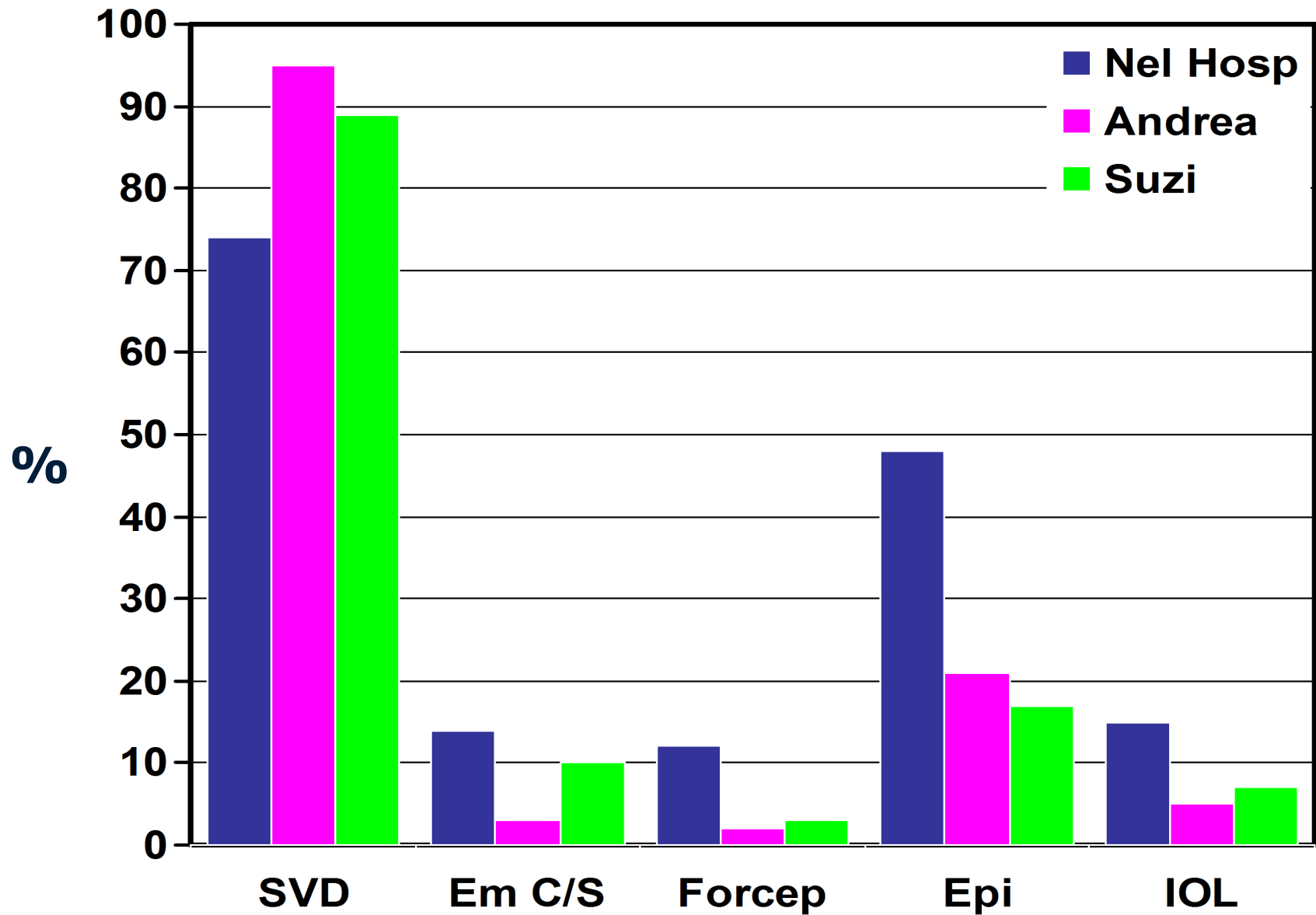
Less psychological trauma for women.

2002

**80% of women had some
exposure to the pink kit**



2002 Statistics



Other variables that may account for the change?

Less primigravida ?...

NO in 2002 there were more

Smaller babies ?... No in all 3 years

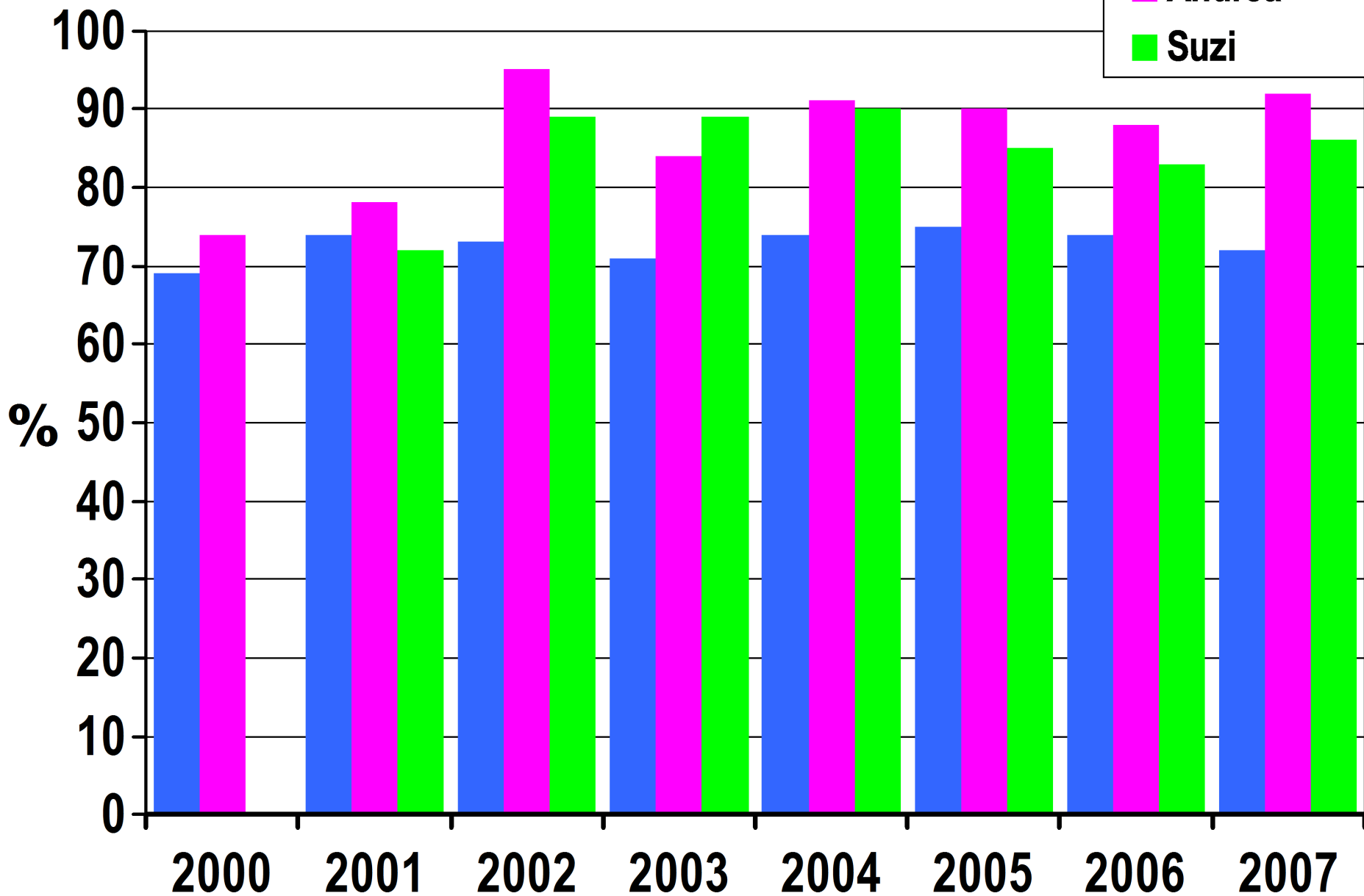
The average birth weight was 3.4kg.

Same number of babes over 4 kg and 80% were European women.

The largest age group I cared for were the 27-35 year old group.

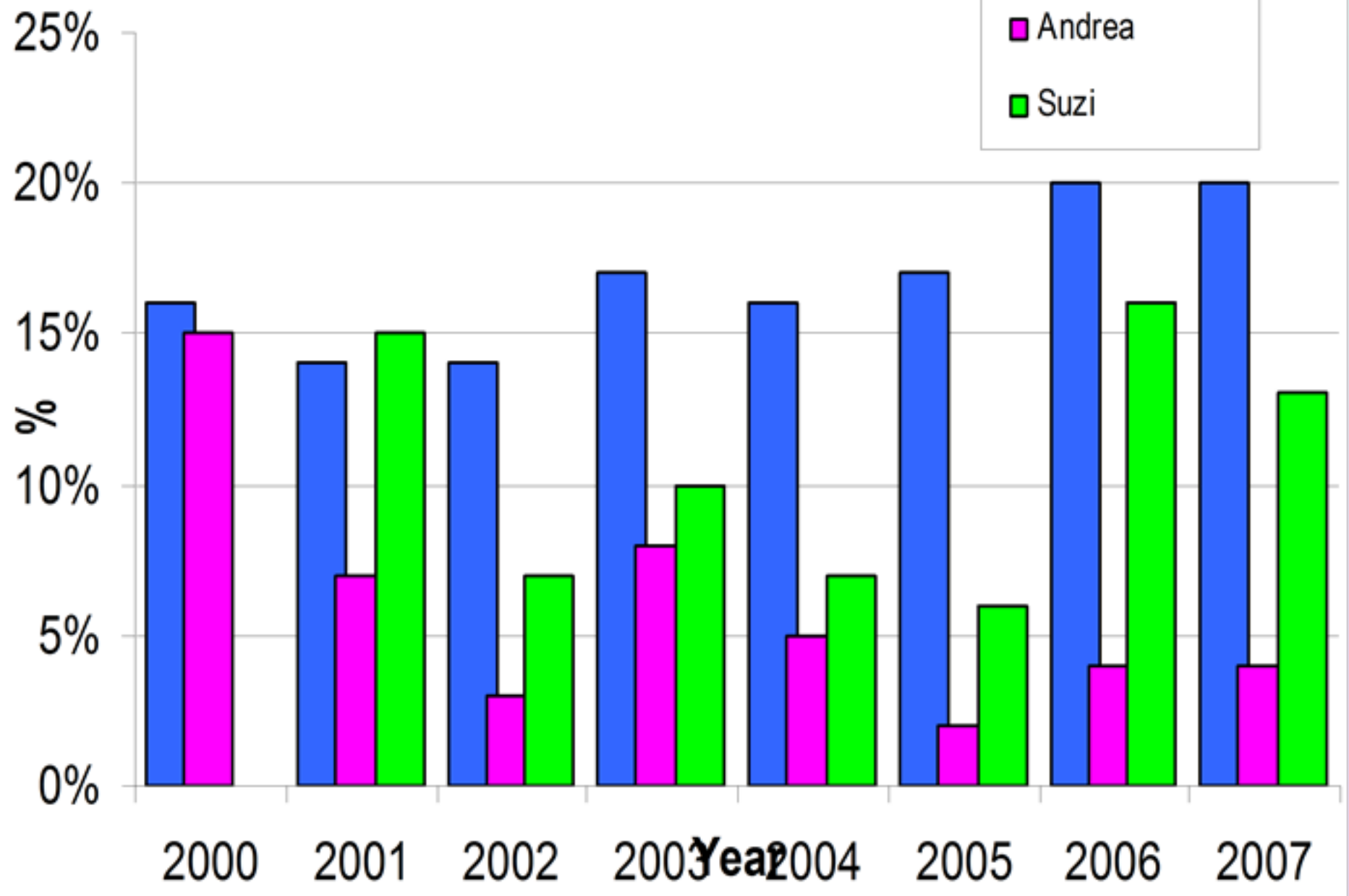
Normal deliv 2000-2007

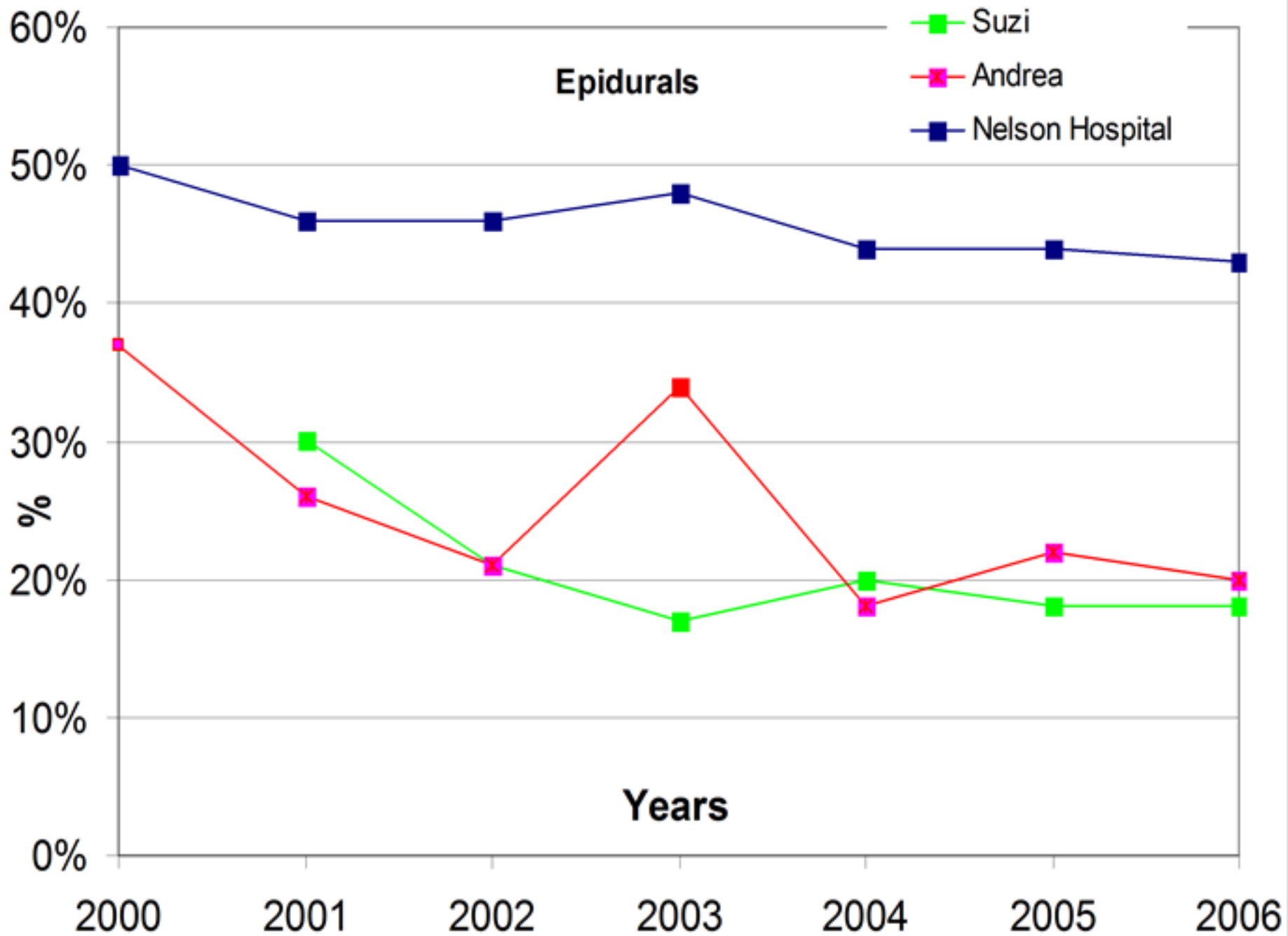
- Nelson Hosp
- Andrea
- Suzi

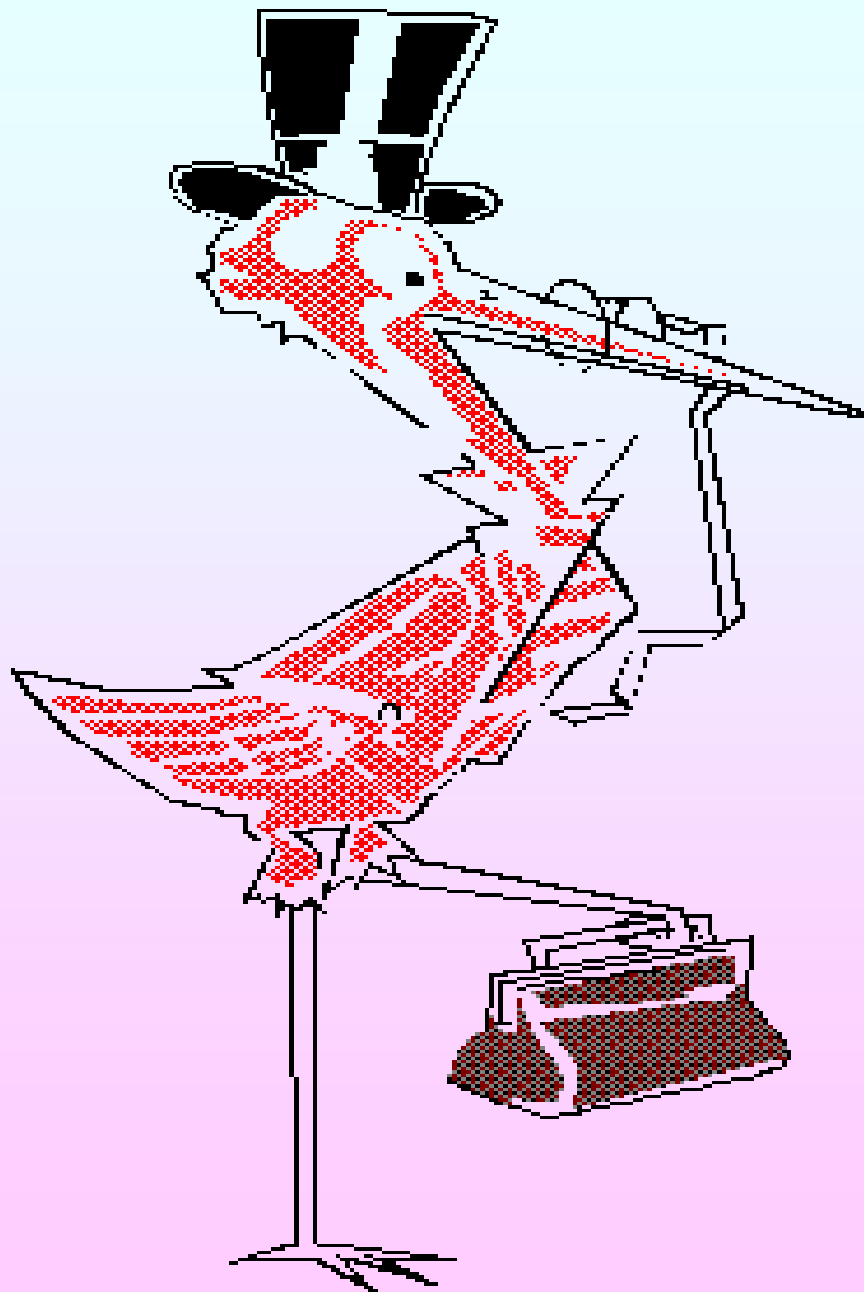


Emergency Caesareans

- Nelson Hospital
- Andrea
- Suzi







A common denominator.

Body image issues

History of abuse

Depression

Other mental illness.

However, many have been able to separate those issues from birth!

The Happy Side-effects: Feedback from women

Women felt great pride on how they coped with labour.

The results not only show less medical assistance, but also a greater flexibility to adjust to the unexpected.

Couples work well together and recognize how important that is.

After successfully working together through the birth the couple continue to take a proactive approach together in parenting.



The Happy Side-effects: For Midwives

Skills = common
language

Common language =
less stress over which
midwife

Sharing skills = more
balanced partnership

Skilled birth population
= supports midwives

Less negative feed-back





"If we are to heal the planet

we must begin by healing birthing"

Agnes Sallet von Tannenbergr

Choices.....

"...making 'choices' as the only expectation for taking responsibility puts unnecessary pressure on all birth practitioners to provide outcome based on 'choices'.

If society gave people the 'choice' whether to learn to drive a car or just get in and go, more accidents would occur.

Birth should be no different...there should be no choice about bringing skills to birth!

Wintergreen
Commonknowledge Trust

The

Pink

Kit