

<p><b>‘One size does not fit all’ ... the foundation for the Midwifery Model and fundamental to our human diversity</b></p>	<p><b>One size DOES fit all ... Our Commonality ... the foundation for Birthing Better skills and fundamental to our physical humanity</b></p>
<p style="text-align: center;"><b>Before pregnancy</b></p> <p>Think of all of our diversity, differences and individuality even before we fall pregnant</p> <ul style="list-style-type: none"> <li>• Body shape, size, weight, height, skin colour</li> <li>• Health issues past and present, family health issues</li> <li>• Socio-economic, education, work Eating, drinking, smoking habits</li> <li>• Relationship to father, number of children</li> <li>• Previous pregnancies and births</li> <li>• Previous birth experiences</li> <li>• Medications, surgeries, self-health</li> <li>• Religion, cultural background, cultural beliefs</li> <li>• Anything else? Keep making a list.</li> </ul>	<p style="text-align: center;"><b>Before pregnancy</b></p> <ul style="list-style-type: none"> <li>• We all blink, cough and can tighten our rectum</li> </ul>
<p style="text-align: center;"><b>During pregnancy</b></p> <ul style="list-style-type: none"> <li>• First pregnancy or tenth?</li> <li>• Health issues coming into pregnancy or developing in pregnancy or not</li> <li>• Beliefs about birth, choices made and past experiences</li> <li>• Family’s beliefs about childbirth and past experience</li> <li>• Baby developing health issues or not</li> <li>• Medications or self-help</li> <li>• Relationship to father or not</li> <li>• Keep making a list</li> </ul>	<p style="text-align: center;"><b>During pregnancy</b></p> <ul style="list-style-type: none"> <li>• 100% of pregnant women will give birth one way or another.</li> <li>• Pregnancy is the Time to prepare for The Birth</li> <li>• Pregnancy is when women and men are ‘becoming’ mothers and fathers.</li> <li>• The Birth is the Gateway to ‘being’ a mother and father.</li> </ul>

## The Birth

- All of a woman's individuality is highlighted by her birth experience.
- A woman will either labour and have a vaginal birth with or without none, little or lots of medical care. Or a woman will labour and have a surgical birth. Or a woman will have a non-labouring Caesarean either by choice, need or pressured. Or a woman will attempt a VBAC and have one of those three above births.
- A woman's choices will either unfold as she wants or they will change.
- A woman will either be happy with her birth choices, devastated that they changed or accepting of those changes.
- Any woman may cope with labor or just let birth happen to her or become overwhelmed feeling out of control.
- A woman's partner/other will either know how to effectively help her or stand around being useless.
- Either a woman will have very little assessments, monitoring and procedures (interventions) or heaps. She may either be ok with that or devastated.
- A woman will either be actively engaged while being prepped and in surgery for an unplanned c/s after labouring or feel disconnected and passive.
- A woman will either actively use birth and birth-coaching skills on way to hospital, while being prepped and in surgery for a planned non-labouring Caesarean and feel empowered and a true participant in her baby's birth or she'll be passive and involved in a surreal experience.

## The Birth

- Every woman's commonality is highlighted in every birth experience.
- Every woman can use good breathing patterns if she has learned them in pregnancy for use with every inhalation and exhalation throughout the activity of giving birth no matter the circumstances of her individual birth.
- Every woman can use good softening and internal relaxation skills if she has learned them during pregnancy even when she hates the birth experience and feels intense pain no matter the circumstances of her individual birth..
- Every woman can adjust and adapt her posture and position to help her baby come down, through and out her birthing body when she has the skills to read her baby's messages through the shape of each contraction no matter the circumstances of her individual birth..
- Every father/other can use a common language of birth-coaching skills to immediately determine when and how to help his birthing partner by her sounds and facial expressions no matter the circumstances of her individual birth.
- Every woman can use skills whether her birth choices unfold as she wishes or change unexpectedly and always remain on top of and in control of her own behaviors, ability to cope, manage, work through, handle and deal with all the medical 'interventions' (assessments, monitoring and procedures)
- Every woman can actively use skills while being prepped and in surgery in order to work through her baby's birth journey.