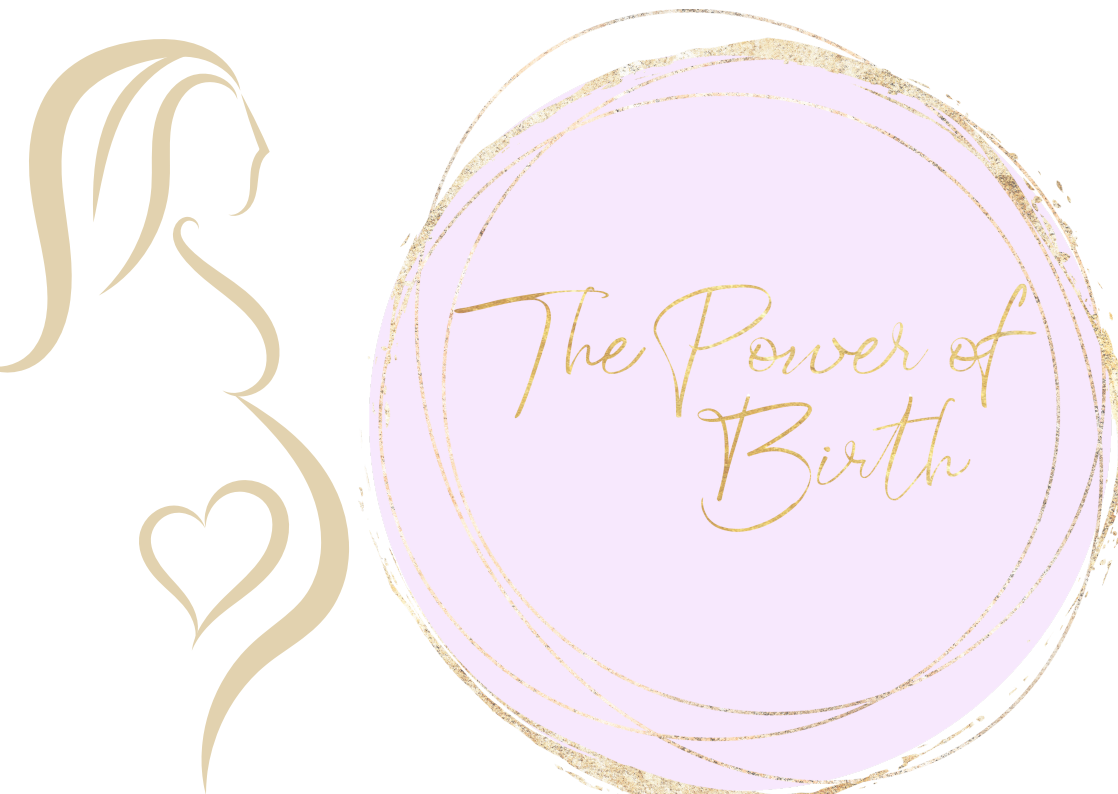


BIRTH TOOL BOX

Welcome to your birth toolbox! The aim of this toolbox, is to get you thinking about your birth and fill it with all of your birthing tools to support your journey. Use it to discover your preferences and make informed decisions about your care.

We want you to feel empowered, confident and informed throughout your birthing experience. This toolbox is a **guide only** and we encourage you to communicate your feelings and desires with your birthing team and support people to have a safe and positive birth experience. You've got this mamas!





YOUR RIGHTS IN BIRTH



The right to ask questions... like, as many questions as you want.



The right to choose your care provider and/or leave a care provider if you are dissatisfied.



The right to say yes.
The right to say no.
The right to change your mind.



The right to be informed.



The right to receive maternity care that aligns with your cultural and religious background.



The right to respect for your choices and preferences.



The right to a safe birth environment where you feel comfortable.



The right to accept or refuse interventions/medical treatment.



The right to movement and instinctive positioning.



The right to birth with support.



The right to decision making for your birth.



The right to have autonomy and authority over your own body.

Start thinking about what care providers you want for your antenatal care and birth. There are a few options available.

My care provider(s) throughout my pregnancy and birth:

My support people throughout my pregnancy and birth:

What birth education/books/resources/classes do I want to access?

Don't forget to plan for postpartum! You can find the Postpartum Toolbox on our website: www.thepowerofbirth.net

Important things to know about me (eg. allergies, mental health, vaccines, cultural or religious preferences):

I would like these people with me:

During labour:

At the Hospital:

I would like the environment to have:

Lights?

Dimmed
Fairy lights
Tea lights
Candles

Music?

Loud
Background
High energy
Calming
Off

Playlist...

***Photography/
Videography?***

Yes

No

Essential Oils?

Yes

No

Photos of...

If my labour begins with an induction...

I would like to be given time for my body to establish contractions on its own - even after the breaking of my waters - before starting the oxytocin infusion (providing there are no complications).

Yes

No

About my induction...

I would like to use these birthing aids:

Shower

Bath

Gym ball

Peanut ball

Mirror

Birth stool

Rebozo

My notes:

During labour I would like to:

Receive guidance from:

Support people

Midwife

Doula

OBGYN

Partner/Spouse

I would like to follow my body and guide myself unless I ask

I do not want to be disturbed

Vaginal Examinations:

I do not consent to vaginal examinations

I will consider a vaginal examination following a discussion

I wish to be told how dilated I am

*****It is recommended you discuss the benefits and risks of any intervention - for your individual birth and body - with your care provider*****

Pain management

I would like pain management methods to be suggested to me throughout labour:

Yes

No

Notes

Non-pharmacological:

Hypnobirthing skills

Mantras/Affirmations

Breathing techniques

Shower

Bath

TENS machine

Heat/cold packs

Massage

Counter pressure

Movement

Labour ball

Sound

Double hip squeeze

Hot water bottle

Pharmacological:

Gas

Narcotic intramuscular injections

Epidural

Sterile water injections

Morphine

Notes

Use breathing techniques?

Yes

No

Massage from my support person?

Yes

No

What will I eat and drink in labour?

Snack ideas:

When I am delivering my baby I would like:

To be in the following position:

Laying on side

Upright

Kneeling

Listen to what my body wants and follow

Other:

All fours

Squatting

Sitting

Birth pool

Shower

Warm compress on perineum while pushing?

Yes

No

Third stage management (birthing your placenta): Discuss this with your care provider

I would like:

Physiological third stage

Modified active third stage

Active third stage

Notes

Delayed cord clamping?

Yes	Finished pulsating
	1 hour
No	Wait for white

Cord cut by?

Additional things to know for my birth:

USING YOUR BRAIN!

The **BRAIN** acronym is something you can **use to discuss** with your care provider, support people and other birth workers to **ensure you feel informed** of the situation/intervention/examinations/risk factors and so on.

This tool is for YOU, the birther, to lean into your intuition, weigh up pros and cons, work through emotions and feelings, while also considering the evidence and facts that are relevant to your individual birth.

We recommend **seeking holistic birth preparation and education** throughout your pregnancy. **Making informed choices** can you feel in **control, empowered and ultimately satisfied** with your birth experience.

This tool can be used at any time during pregnancy, birth or postpartum, for any type of birth, in any model of care. Informed consent and informed choices don't just make a difference - they're your rights



Benefits

What are the **BENEFITS** of this?

Risks

What are the **RISKS** involved?

Alternatives

Are there **OTHER THINGS** we can do?

Intuition

How are you **FEELING** about it?

Nothing

What happens if we do **NOTHING**?

After delivery I would like:

To know the sex:

Yes

No

Who I would like to announce the sex:

Skin to skin? I would like to not be disturbed during the first 2 hours

Yes

No

Yes

No

Other notes

Breastfeed straight away? I am planning to:

Yes

No

Breastfeed

Formula feed

Feed expressed breastmilk

I would like measurements after my first breastfeed and skin to skin

Yes

No

Notes

Dress my baby?

Yes

No

Baby wiped over?

Yes

No

Do you want to keep your placenta?

Yes

No

Do you want to see your placenta?

Yes

No

If I cannot do any of the above, who do I want to do: skin to skin, cut cord, dress baby?

For planned and emergency caesareans, you can still have a say on how your birth experience is (if there are no severe complications). You must communicate your preferences to your birthing medical team and this section can help you clarify your wishes.

If my birth is via a caesarean section, I would like:

I would like a maternal assisted caesarean

Yes
No

Skin to skin while in theatre

Yes
No

Delayed cord clamping

(refer to time above)

Yes
No

Vaginal Seeding

Yes
No

Breastfeed immediately

Yes
No

Person I would like to advocate for me if I am unable to myself:

Notes

Do I want photos?

Yes
No

Photos of....

My music in theatre:

Yes
No

Note: For caesareans (planned/elective) you may be asked to fast prior to the procedure.

What questions/thoughts do I have about caesarean sections?

What questions/thoughts do I have about birth in general?

It is helpful to discuss your worries, fears and questions with those who will support you throughout your labour and birth

Screening and vaccinations

<i>Vitamin K</i>	<i>Hepatitis B</i>	<i>Neonatal screen test</i>	<i>Hearing test</i>
Yes	Yes	Yes	Yes
No	No	No	No

Visitors in hospital?

Yes

No

Who + When:

Recommended Resources:

The Birth Map by Catherine Bell	The Postnatal Depletion Cure by Dr Oscar Serrallach
The Positive Birth Book by Milli Hill	Birthing Your Placenta by Nadine Edwards & Sara Wickham
Ina May's Guide to Childbirth by Ina May Gaskin	Why Induction Matters & Reclaiming Childbirth As A Rite of Passage By Rachel Reed
Gentle Birth, Gentle Mothering by Sarah Buckley	Juju Sundin's Birth Skills with Sarah Murdoch
Dr Rachel Reed blog https://midwifethinking.com/	Core Floor and Restore Birth Prep https://coreandfloor.com.au/birth-preparation/
Australian Breastfeeding Association https://www.breastfeeding.asn.au/	

Additional resource:

Know My Birth Rights is a grassroots advocacy and support service for pregnant women and new mums. We provide women around Australia with free, real-time support for things like:

Communicating with care providers and amplifying your voice if you feel you are not being heard.

Understanding how the pandemic may affect your care during pregnancy, birth or postpartum.

Navigating the hospital system, policies or the complaints process.

To be linked up with other support services.

Wherever and however you plan to bring your baby into this world, we are here for you. Support is personalised for your situation and while we are not medical experts, we know advocacy - and we will help you be your own advocate. Your voice, your choices and your rights matter on your journey through pregnancy, birth and postpartum. If something doesn't feel right with your care, that's the right time to get in touch with us.

Contact us via DM @knowmybirthrights or at www.knowmybirthrights.org

**KNOW
MY
BIRTH
RIGHTS**

*The Power of
Birth*

This information was provided with the help of an Australian Registered Midwife, however, it is advised you use this as a guide only and continue preparing for your birth in the way that is right for you..