

WOMB & BLOOM



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B.R.A.I.N & H.E.A.R.T



Having thought about birth physiology and aspects of your birth choices, you probably will have a clear idea of your plan A. But sometimes, birth may not go exactly as you want. Really good birth preparation means looking at options B,C and D.

Think in advance of as many scenarios as you can and what you would like to happen. For example : if you are planning a home birth but need to transfer to hospital, it's really important that you have considered what you want from a hospital birth experience, what you will and will not consent to and how you can make it the best birth it can be.

Remember that if you are asked to deviate from the original plan, it's unusual for the emergency to be so serious that you have to make an immediate decision. You can take time to consider the course of action that feels right for you. When doing so many people find the BRAIN acronym really helpful.

B - Benefits. What is the benefit of a specific course of action? Make sure these benefits are specific to you.

R - Risk. What are the risks of this specific course of action? Again, make sure these are specific to you.

A - Alternatives. Are there any other options or courses of action that you could take? what are they and apply your BRAIN to them too.



I - Intuition. What does your intuition tell you? Listen to your instincts and tune into your body and your baby. Trust that, deep down, you know the best course of action for you and your baby.

N - Nothing. What happens if we do nothing? Ask your healthcare professional what will happen if you just wait and see what happens, for 10 minutes, half an hour, or more. You might appreciate this time to take the pressure off, breathe and reflect.

BIRTHING FROM YOUR HEART

Ask yourself....

H - How can I keep the important HORMONES flowing? Aim to banish adrenaline and welcome back oxytocin, the love hormone. Birthing in love, even in theatre, can mean better bonding and breastfeeding and more positive memories after the event.

E- What ELEMENTS of my birth can I retain? Even if your birth is not going as you'd hoped, it doesn't mean you have to abandon every single one of your hopes. Music playing, skin to skin, time alone are elements to retain.

A- Baby in ARMS as soon as possible. No matter how you birth, try to make sure your baby comes to you as soon as possible afterwards. Try to take a photograph as many mums say that they really treasure these pictures at a later date. Everything else can wait.

R - Find your RESILIENCE. You may not feel strong as your birth plans fly out the window but you are. You may not feel strong in the days and weeks after birth but you are. You may need help and support to recover and it all takes strength to ask. Remind yourself of your incredible resilience and the strength that brought your baby into your world and draw on it as you move through motherhood.

T - Allow yourself TIME. Birth is a really big deal. Women remember every detail on it for the rest of their lives. Don't be discouraged from taking what happened to you in your experience seriously. Take your time. You matter too.