

CAESAREAN CARE



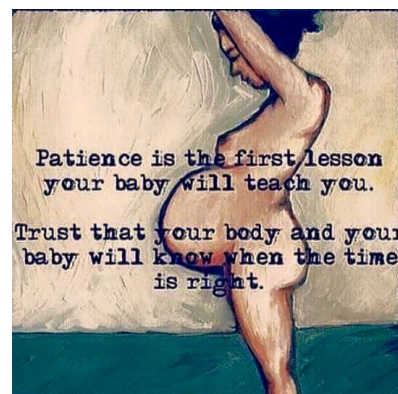
MEEGAN
STEPHENS

HOLISTIC CAESAREAN PREPARATION

DOULA // NATUROPATH //
HERBALIST



I AM Enough
I HAVE Enough
I DO Enough



PREPARATION

<p><i>Knowledge is power</i></p>	<p>It is time to meet your baby! YAY!!</p> <p>Going into your Caesarean section can be stressful and overwhelming. So let's unpack some things to make you feel safe, secure and ready to meet your baby!</p> <p>Your birth is beautiful and you have done everything correct along your journey to be right here!</p> <p>You can always come back to..</p> <p>B: What are the BENEFITS? How will this positively impact you and your baby?</p> <p>R: What are the RISKS? What could be the potential consequences of choosing this option?</p> <p>A: What are the ALTERNATIVES? Is there a less invasive alternative?</p> <p>I: What does your INTUITION tell you? Do you feel comfortable with this option?</p> <p>N: What is we do NOTHING? Can we wait and see what happens?</p>
<p><i>Birth Plan</i></p>	<p>Just like any birth it is better to be prepared! Have your birth plan written and your support people ready to discuss this with your health care providers. Here's some tips to consider/include:</p> <ul style="list-style-type: none"> ● Waiting for spontaneous labour to begin ● TWO support people present: one for baby and one just for you! ● Gentle or natural caesarean birth ● Maternal assisted caesarean ● Photo's and videos of the birth ● Dad or Mum to announce the gender of baby ● delayed cord clamping till cord is white! ● Immediate skin to skin contact with baby
<p><i>Caesarean your way</i></p>	<p>Waiting for spontaneous labour to begin is totally achievable if there is not reason to head into theatre in a rush! This can be discussed with your medical team and you can relate your wishes of a spontaneous labour to them!</p> <p>There are different options you can choose when preparing for a caesarean section! Have you considered a natural (and/or) gentle caesarean birth?</p>

This is beautiful and nourishing birth for you and your baby; a slow and gentle team working together to ensure your needs are met and your baby is nurtured earthside.

The screen between mother and medical team is down so mumma can see a slower incision be made; the surgeon will gently assist the baby's head and shoulders out of the incision and then gently guided out so the baby can regulate. The medical team will assist the baby immediately onto the mother chest for skin contact and breastfeeding to occur whilst still in the theatre. The medical team are respectful, calm, steady and quiet while they allow for the cord to drain completely before recommending cutting of the cord.

This is a powerful option and one that is completely within your grasp!

Please check out this beautiful example of a gentle caesarean birth:

After birth care plan

There's always a lot of emphasis on pregnancy, labour and birth! But have you thought about your post-partum care after a caesarean birth?

You will likely have a few days stay in hospital after your caesarean section - so pack for this. Your cosy clothes, loose fitting and natural fibers so you feel comfortable.

You will still bleed vaginally after your birth, so ensure you have some maternity pads and funky undies ready to go!

Have you thought about asking/organising someone to bring you some nourishing meals while you are in hospital? Having some home cooked meals will light you up! (Don't forget to request your fave chocolate!!)

Resources

Some useful resources for making an informed and empowered decision around your caesarean birth:

- Women centered caesarean birth: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2613254/>
- Skin to skin: <https://evidencebasedbirth.com/the-evidence-for-skin-to-skin-care-after-a-caesarean/>
- Skin to skin: <https://pubmed.ncbi.nlm.nih.gov/24720501/#:~:text=The%20World%20Health%20Organization%20and%20the%20United%20Nations,is%20alert%20and%20responsive%20after%20a%20Caesarean%20section.>

- Natural Caesarean option:

<https://www.sciencedaily.com/releases/2017/06/170605085401.ht>

Questions:

You have complete autonomy over your body and your birth! Remember to ask any relevant questions that come up for you and your partner!

It is better to feel informed, empowered and ready to birth your baby knowing all relevant information to you!

Prepare a list of questions for your birthing hospital so you can understand their guidelines such as:

- What is the relevant data for my unique circumstances
- Can I birth my way through this caesarean?
- Can I have two support people with me?
- Can I start spontaneous labour if there is no emergency?
- What are your guidelines around natural caesarean birth?

COMING HOME

<p><i>Household support</i></p>	<p>Having a caesarean birth is a big surgery! One you will need to prepare for.</p> <p>Ensure you have discussed all the afterbirth support you will require with your partner so you can rest and bond with your baby!</p> <p>Some helpful household support tips:</p> <ul style="list-style-type: none"> ● Have meals prepped and in the freezer ready for convenience! ● Ask your friends/family to create a mealtrain for you ● Washing/folding help ● Household cleaning assistance ● Drivers on hand to help with errands, other children, appointments and so on ● Helping hands to assist with the care of other children ●
<p><i>Visitation</i></p>	<p>Be cautious of overdoing it too soon! Taking it slow is VITAL! For your recovery and also for you to bond with your precious new baby!</p> <p>Put a message out to your friends and family that want to meet your new baby. This message could include your plans for a caesarean birth and what you <i>need</i> to support your recovery and <i>how</i> they can best show up and help during their visit!</p> <p>Also include a disclaimer of “no drop in visits!”</p>
<p><i>Breastfeeding support</i></p>	<p>Bonding with your baby is a beautiful time! One that you should enjoy! Breastfeeding can be tricky and sometimes difficult.</p> <p>Be aware of this and plan to have some support to guide you through this journey.</p> <p>Engage a doula, a lactation specialist, or a midwife to be present and assist with any questions and queries you might have to make this a smoother road for you and your baby!</p>
<p><i>Rest and recovery</i></p>	<p>This I cannot stress enough!!</p> <p>Rest, rest, rest!!! It's the very best thing you can do, for yourself, your new baby and your family unit.</p>

Allow yourself time and space to settle into the fourth trimester. It's a huge adjustment and support is key.

- Hydration is vital!
 - Nutritious meals
 - Healthy snacks on hand - breastfeeding is hard work! Snack away
 - Sleep whenever you get a chance
 - Sunshine - enjoy the vitamin D on your face and body (especially with no bra and sore breasts!!)
 - Debriefing with a doula, counsellor or good friend
 - journalling your process of birth and post partum
 - Breathework can help you stay connected, calm and present
 - Limit screen time - stay present and in your body, not distracted and overstimulated
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SUPPORT GROUPS

<i>Local</i>	<i>Statewide</i>	<i>Nationwide</i>
<ul style="list-style-type: none"> • Having a doula to offer postpartum support and care is key! • PMBH has an Early Discharge Program and a Midwifery Extended Care Program service is offered six days a week for women that discharge before 48 hours or may need some extra care particularly breast feeding or babies that may have been admitted to the Special Care Nursery. • Dr Leah Zvirzginas: https://www.kinexionclinic.com.au#team 	<ul style="list-style-type: none"> • Family support: https://panda.org.au • Perinatal Support: https://www.cope.org.au 	<ul style="list-style-type: none"> • Australian breastfeeding association https://www.breastfeeding.asn.au • Family support: https://www.pregnancybirthbaby.org.au/about-pregnancy-birth-and-baby

BE KIND TO YOURSELF

Details:

Holistic Doula // Naturopath // Herbalist / Shamanic Space holder

Please reach out for more details and in depth support and love.

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