



QUESTION AND COMMUNICATE

When you enter the Maternity ward,
you don't give an implicit consent to everything.
This is your body.
This is your birth.

This BRAND acronym is an easy way to remember that you can question interventions, especially when they are not necessary.

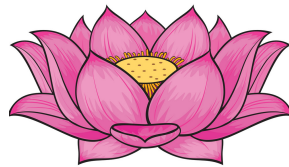
Benefits. What are the benefits of this intervention?

Risks. What are the risks of such an intervention?

Alternatives. Is there an alternative to this intervention? Something more natural? Less invasive?

Nothing. What happens if we just wait or do nothing?

Discuss. If the intervention is necessary, if there is no alternative and the situation fills in all the conditions, discuss it calmly with the medical team and your partner so you feel at peace with your decision.



A FEW BIRTH AFFIRMATIONS

Find which ones you trust in,
write them down
and use them as mantras to get into your bubble.

Breathe baby down
I trust my instincts, I know what to do
My contractions are strong but I am stronger
Each wave brings my baby closer to the shore
Lots of badass mamas are birthing with me all over the world
It is not pain. It is power!
Relax, Breathe, Open
My body is clever
I surrender
Let go
I trust my body and I trust my baby
My baby will arrive at the perfect time
Here is a wave, I can surf it!
My baby is the perfect size for my pelvis
I am surrounded with love