

## 10 Things I Wish All Pregnant Women Knew About Giving Birth

Pregnancy – Aviva Romm, M.D.

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### Talking Points

- ❖ When women are pregnant they are told all sorts of stories. For many women, including Aviva Romm, M.D., they seem to be mainly horror birth stories. It can take a lot of trust in the birth process and your innate wisdom to cancel out these horror thoughts and stories.
- ❖ A natural birth can empower women in many different aspects of life. Have any of you experienced this?
- ❖ About one in three women will have their baby by cesarean section. Many are unnecessary and all often come with a more difficult recovery, difficulty breastfeeding and exposure to antibiotics.
- ❖ Natural birth is becoming endangered. Many women who give birth vaginally are still experiencing interventions such as induction, drugs in labor, and forceps/vacuum delivery. “The downturn in natural birth is so significant that a group of researchers wanting to study the natural course of labor couldn’t find a large enough group of women birthing naturally in any one place to study them!” (25)
- ❖ Birth definitely isn’t predictable and we can’t control what happens during birth. We can, however, embrace beliefs that can help increase the chances of having the birth you desire.
- ❖ Aviva Romm, M.D. shares with us 10 important philosophies that helped her birth naturally and have helped other women achieve the same goal:
  1. Birth is a spiritual journey; it’s also primal.
    - a. Birth is not only physical, it’s mental and emotional.
    - b. Birth is primal, be prepared to make noises, get into different positions and move your body in ways you don’t normally do.
    - c. Let your body open and be prepared to awe at its capabilities.
  2. Birth should not be taken lying down.
    - a. Walk, move your hips, let gravity help you move your baby down.
  3. Contractions are amazing sensations that get your baby born.
    - a. Transform your perception from the pain of birth to the power of birth.

4. Fear stops labor.
  - a. Birth is a mental game. Thanks to our mammalian instincts, if we are in fear our labor stalls. This is to save ourselves and our babies.
  - b. This is why it is so important to feel safe in our birthing environment, have good labor support, and address any fears before labor begins or as soon as they arise.
5. Question authority! (Remember, nice girls can ask questions and say no.)
  - a. Obstetrics practices aren't always based on the best science.
  - b. In 2011, the "American College of Obstetricians and Gynecologists (ACOG), reported that only one-third of all obstetrics guide- lines in the U.S. are based on good scientific evidence. Another third are based on limited or inconsistent evidence, and the remaining third are based on expert opinion, which is "subject to bias, either implicit or subconscious." (26)
  - c. Ask questions, many things are done just because they are routine, not because they are necessary.
6. Women should eat and drink during labor.
  - a. Labor is hard work, women need to keep their energy up!
7. Your body is a marvelous, perfectly crafted force of nature.
  - a. Have confidence in your body and the birthing process.
8. Obstetrics is big business.
  - a. Don't allow obstetrics to make a fortune off of your body! Educate yourself on what is and isn't necessary.
9. Birth is something you do, not something that is done to you.
  - a. Effort is required to have a baby. Be realistic on what will be required of you during the birthing process.
10. Birth can be ecstatic.

## Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

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