

Have a great birth, even if ...



We're not telling you what to expect...

This is not intended to show you everything that can go wrong! This chapter highlights how you can use the skills you already have, to help IF something unexpected happens.

After reading the first section and the topic list, moms may want to skip this chapter altogether.

While many childbirth classes present lots of information about what can go wrong in birth, Blissborn helps you focus on what can go right, visualizing the birth you want and taking steps to create that birth. Although many moms report that they got the birth they'd been imagining, birth remains a complicated process that defies attempts to predict or control its progress. With so many factors involved, the best course of action is to hope for the best, prepare for the best, read up on the other stuff, and take what comes.

In this chapter you'll find information on handling the "other stuff" before, during and after labor, using hypnosis as an adjunct to your healthcare provider's care. You'll also find other useful information that will help you accomplish your birth goals in the face of challenges.

Scan the topics below and then read what applies. Make a mental note about what's contained here so you can refer to it if needed.

General information:

- Informed consent
- Interventions: Do your research early
- If things don't go as planned: what you can think, what you can do

Before labor:

- Multiples (twins, triplets, etc.)
- Hypertensive disorders
- Big baby
- Gestational diabetes
- Preterm (premature) labor
- Breech baby
- Planning a VBAC (vaginal birth after cesarean)
- Group B streptococcus (GBS) infection
- Induction: starting labor naturally and medically

During labor:

- Easing back labor
- Long labor
- Failure to progress
- Epidural anesthesia
- Cesarean surgery

After labor

- Postpartum hemorrhage
- Postpartum depression

There are plenty of medical conditions, and examining them all is beyond the scope of your Blissborn class, but by reading about those presented here, you'll spark your imagination and develop new ways to work with your mind in any situation. No matter what challenges arise, remember to keep your eye on the prize at the end! You can have a beautiful labor and birth, no matter how they progress. You already have everything you need to handle anything that comes.