

Childbirth Priorities and Goals



Without question, the top priorities and goals for birth are a healthy mom, baby, and labor partner. Your team at Los Olivos Women's Medical Group will help you attain these goals.

During the Childbirth Preparation classes, our instructors will educate you about pregnancy and labor. We will discuss mechanisms to help make your labor experience enjoyable as well as safe. We will work together to teach you about normal labor and options that you have during labor to tailor it to your desires. Remember, every labor is different and there is no way to predict what will happen along the way. Use this class to familiarize yourself with normal and abnormal labor so that you will understand your own experience.

Topics of discussion in the course include: physical and emotional changes of pregnancy, an overview of labor and delivery, normal birth and cesarean section deliveries, updated information on medical interventions and pain relief options, relaxation, breathing techniques and comfort measures, partner support during labor, the "normal" newborn, breastfeeding, postpartum adjustments and expectations.

Our instructors are registered nurses or other healthcare professionals certified in childbirth education. They have wide ranges of experience in Labor and Delivery and have obstetric experience at several hospitals.

Review the list and use it as a *guide* to reflect on which of the topics, for your birth experience, are important and/or of concern. Then use your thoughts and questions to discuss, clarify, and plan with your labor partner and obstetrician.

Listed below are some priorities and goals that we will consider in the class:

- Physical and emotional changes of pregnancy
- Overview of labor and delivery
- Strategies for natural pain relief
- Relaxation and breathing techniques
- Techniques for the labor coach and support person
- Variations of normal birth and cesarean section
- Positions for labor and delivery
- Pain relief options
- Role of the labor support person
- Different medical interventions
- Postpartum changes
- Breastfeeding techniques
- Newborn care

While setting individual goals and being thoroughly prepared are important, parents who realize that nature and babies sometimes throw curves into the best-laid plans will have the best delivery experience. Taking your labor one contraction at a time and being prepared to adapt as things change will make for a beautiful birth. Keep an open mind. Be willing to adapt to your labor as it progresses. The most important outcomes are a healthy mom and baby.