

GIVING BIRTH AT THE EDITH CAVELL MATERNITY UNIT



WHY SHOULD YOU PREPARE A BIRTH PLAN?

For you :

It is the opportunity to think about your needs, hopes and dreams concerning the birth of your baby.

For us :

It will help us to understand your wishes, feelings and fears and to allow us to adapt to your particular needs.



Becoming a parent.... a moment of surprises.....

Giving birth is a unique and wonderful experience but one that cannot entirely be predicted. It is essential to keep an open mind : you, whilst you cope with new experiences and discover your strengths and reserves, and us who accompany you on this journey to be able to adapt as the situation unfolds.

We want to give you the best experience, treating you with respect and kindness at each stage.

In order to help you we have prepared this document to outline our philosophy of care.

Getting to know you

My name is : The name of my partner is :

We are expecting : A boy A girl A surprise Twins Triplets

My previous experiences and how they affect my wishes for this birth :

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As a partner, I would like :

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But I am concerned about :

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ACCOMPANIED BY :

During labour and/or delivery I wish to be accompanied by:

- My partner
- My kine (physiotherapist)
- Other person

**You are allowed one person in addition to your partner. If this person is not linked / accredited to the hospital, you need to have the permission of your gynaecologist AND the permission the chef nurse of the Mother and Baby services or the midwife responsible for the labour ward.*



DURING YOUR LABOUR :

During your labour you may :

- Create your own ambiance (music, low lighting – no candles or live flames)
- Take a bath
- Wear your own clothes
- Move around and choose positions that are most comfortable for you – all our rooms are equipped with remote monitoring allowing us to keep an eye on the health of the baby whilst not restricting your movements.
- Eat and drink
- A common concern for women when giving birth is going to the toilet when pushing the baby out. To avoid this you may wish to receive an enema at the beginning of labour. This is not obligatory and can be discussed with the midwife when you arrive at the hospital.

For your security, in case of emergency, we will place a catheter in a vein of your hand or forearm. This is a plastic tube and is fixed in place so that it does not hinder your movements.

In our maternity unit, a “salle nature” is available. It is a non-medicalised room offering ‘home comforts’. It’s spacious and equipped with a large bath, a double bed and birthing stool as well as equipment found in the other birthing rooms. The intention is to provide a reassuring environment, encouraging a more natural experience whilst at the same time keeping you safe and allowing us to follow your labour appropriately.

If this room is not available then you will see that the other rooms offer a wonderful environment for giving birth naturally as well.

Do you prefer to be left alone with your partner and only disturbed if necessary, or do you prefer to have more contact and be guided more regularly by the midwife? Let us know...

PAIN RELIEF :

To help you cope with the pain of labour we suggest :

- Moving around
- Birthing balls
- Scarves / hammocks suspended from the ceiling
- Wall frames
- Massages
- Baths
- Techniques for relaxation, breathing, hypnosis

In addition we offer :

- Laughing gas – MEOPA (useful for the end of dilation and before and during pushing)
- Epidural

Are you planning to have an epidural for pain relief or are you planning to give birth without an epidural? Would you like us to propose an epidural at the right moment or only discuss this with you if you ask for it?

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Do you have any other suggestions or wishes regarding pain relief?

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THE BIRTH :

During the active phase (pushing), you, your midwife and gynaecologist may choose the position that suits you best (on your back, on the side, on all fours...).

You and your partner may choose to :

- Use a mirror to see the head of the baby as it advances through the birth canal
- Touch the baby's head
- Take hold of your baby and bring the baby onto your chest immediately after birth

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After birth your baby will be put 'skin to skin' on your chest, usually for the first 2 hours unless there is a medical reason to take care of your baby. Examinations such as weighing your baby are performed just before your transfer to the maternity ward.

You, or your partner, may cut the cord if you wish. Delayed cord clamping is routinely performed – we allow the baby to receive the blood from the placenta before cutting the cord.



AN EMERGENCY CAESAREAN SECTION:

In case of an emergency caesarean section, if the conditions allow,

- Your partner may stay with you at your side
- We try to maintain a quiet reassuring environment for you and your baby (music, low lighting)
- We can take photos and videos of the birth – don't hesitate to give us your camera or phone
- You may help push the baby out at the right moment in accordance with the doctor performing the caesarean.
- We encourage 'skin to skin' for your baby on you and on your partner

We understand that a caesarean section under these conditions can be worrying and stressful for you and your partner. We will try to keep you informed and reassured as much as possible.

Do you have other wishes ?

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FEEDING YOUR BABY :

How would you like to feed your baby ?

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If you have breastfed a previous baby, what was your experience ?

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We wish you all the best for your upcoming birth and are happy to discuss with you anything else before and after the birth.

We encourage you to share your ideas, hopes and fears with your doctor during one of your consultations before giving birth.