

GIVING BIRTH AT BREEDSTRAAT MIDWIFERY PRACTICE

Our most important goal is a safe birth for both mother and child which you can look back on with happy memories. We want childbirth to be a positive experience during which you have been able to make your own choices. Our standard services during childbirth are listed in pictograms below. This provides a clear picture of our services and lets you think about anything special you may require. Please contact us if and when you prefer a different service. Note this in your birth wishes.

During the delivery a medical indication may develop. In this case we will refer you to hospital where you will receive the appropriate clinical care and supervision during the birth. Depending on how far along you are in the birth process, we will either pass your care over to hospital staff fully or stay with you during the final stages of the birth. In any case we will visit you at home during your maternity period.

SURGICAL INTERVENTION AND CONSENT



Our goal is a natural birth, we try to avoid interventions. But should they be necessary, we will ask for your permission. We will tell you what is happening and what to expect. If you don't understand something, please ask us.

PRESENCE OF THE MIDWIFE



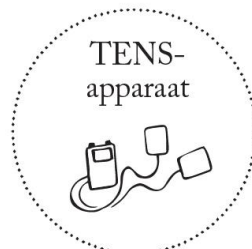
We will always discuss your preferences with you during the birth process. This can vary from checking on you every now and again to being in the room with you constantly. It is difficult to know in advance what your needs are going to be. We discuss and review this during the birth process itself. Please let us know clearly if there is anything you want differently during the birth.

ATMOSPHERE



We will always attempt to create a calm atmosphere in the room. So we try to limit bright lights and people entering and leaving as much as possible. Sometimes we need to speak and our work / shift telephones may ring. We cannot turn these off.

ANALGESICS



There are several methods of pain relief. Different positions, warm water, a relaxed atmosphere or a massage (by your partner) can help a lot. We will provide advice on this. You can purchase the TENS device yourself if you like. This can give relief during the early stages of labour and / or with contractions that are felt in your back. We can administer laughing gas ourselves if necessary (not during a home birth). Stronger forms of pain relief are an epidural and Remifentanyl. For this you will be transferred to the hospital. Once the pain relief has starting working, we will leave you to the care of the hospital staff (unless we receive an urgent call, we may have to leave sooner}. The right type of pain relief depends on which stage of giving birth you are in. In certain situations we will recommend pain relief. Please say so if you believe you need pain relief. If the birth progresses without difficulty, we would normally not offer any medical pain relief.



Every 2-4 hours we perform an internal examination to measure how far you are dilated. This period can be longer or shorter, depending on your preferences.

CHECKING THE BABY'S HEARTBEAT



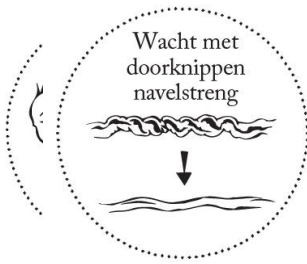
Depending on the stage of the birth process, we check on the baby's heartbeat every few hours, every 30-60 minutes or after every contraction (pushing stage). This way we can keep a close eye on the condition of the baby.

PUSHING



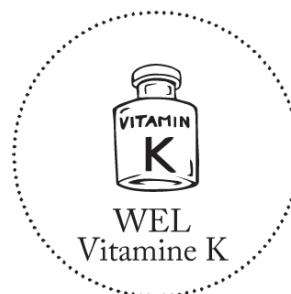
At 10 cm of dilation, a strong urge to push and when the baby's head has lowered sufficiently, the pushing stage begins. We can give you instructions, but you can also try it yourself first. We will keep checking on your progress. Once the baby is born, we will place him / her on your chest. If you or your partner wants to handle the baby yourself, then of course that is allowed.

THE BABY HAS BEEN BORN



After the birth the baby will lie directly on your chest. While on your chest we will dry the baby to prevent him/her cooling down too much. For that reason we also put on a little hat. We always let you find out the gender of your baby yourself. After the birth it is best to wait a few minutes before cutting the umbilical cord so that the baby still receives blood through the cord. We will ask you who should cut the umbilical cord. Because skin-to-skin contact is important, we help you with removing your shirt / bra. The baby will remain on your chest for the first hour after birth. Only then will we weigh and measure your baby. Immediately after birth, we normally give an oxytocin injection in your thigh to prevent blood loss and to stimulate the birth of the placenta. Once the placenta has been born, we always ask what you would like to do with the placenta, can it be destroyed or do you have other plans?

FEEDING AND VITAMIN K



The maternity care helps with breastfeeding the baby or preparing the first bottle. If you would rather do this yourself, let us know. We put a few drops of vitamin K in the baby's mouth, this helps with blood clotting.



We are a training practice and believe it is important that future colleagues receive the appropriate training. We ultimately remain responsible at all times and will always ask for feedback after a midwife in training has been present at the birth. Please tell us if you would have a problem with this.

MATERNITY PERIOD

If everything has gone well, you will be ready to go home 3-4 hours after the birth (or the maternity care will leave if it has been a home birth) During the first 8-10 days, a maternity nurse will come every day to help with the care of the baby and check on you both. We visit 3-4 times during the maternity week. If there are any concerns, you can always contact us on our 06 emergency number. At 6 weeks after the birth, you will have a follow-up at the practice.

The maternity period is a special time in which you get to know your child. You are faced with a lot, you sleep less and you are still recovering from the birth, it is also an intensive time. Prepare yourself well in advance, and read as much as possible about the birth but also the maternity period and (if you like) breastfeeding.

We wish you a good childbirth and maternity period!

Bron pictogrammen Boek Positief over Bevallen, Milli Hill

<https://www.samsarabooks.com/boeken/positief-over-bevallen/>