

I CAN! BIRTH

“4T’s” for a More Positive Birth Experience

Take

Take a Lamaze® childbirth class. Know what options are available to you.

Evidence-based classes are the opposite of opinion-based, they present the best, most current medical evidence available, explaining both benefits *and* risks of care options. Knowledge is confidence, and going into birth knowing what the possible outcomes are, and knowing how you can respond, removes the negativity and fear of being in the dark.

Talk

Communicate your needs. Express your desires. Research and create a birth plan.

What is YOUR philosophy about birth? What do you want your birth experience to look like?
What is most important to YOU?

While having a plan and communicating your preferences for birth cannot promise a certain outcome, thoughtful, informed decision making, and having those providing your care aware of your wishes will only increase your confidence for YOUR best birth!

Team

Choose a care provider and support team that respect you and your vision.

Who do you envision being with you as you birth your baby? Does their philosophy about birth match yours? Do they bring positive or negative energy? Do they make you feel safe? Do they include you in decision making?

Surrounding yourself with people who respect you and who provide care that is inclusive of your opinion is how more positive outcomes are achieved. If at any point you feel uncomfortable with your care – switch providers.

Trust

Trust your body to do it’s best. Trust your team to do their part.

Do you have any nagging fear or anxiety that you need to work through and release? Talk to someone you trust. Pray or meditate. Place birth affirmations where you will see them daily. Remind yourself your body is built for this. Trust that you have made the right choices and have done your best in choosing the right team for YOU.

**You are strong, competent, and capable.
You CAN do this!**