



# Adelaide

## LACTATION

### CONSULTANTS, MIDWIFERY & HYPNOBIRTHING

WITH MEGAN GOODEVE

#### FEATURED THIS MONTH:

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Recommended books

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Independent Childbirth  
Education Program

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Podcasts

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## HOW TO PREPARE FOR YOUR UPCOMING BIRTH

By Megan Goodeve, Endorsed Midwife, IBCLC and Hypnobirthing Australia Practitioner

These have been highly unusual times, which have not been experienced, in our recent past. Covid-19 has changed the way we view the world and left great uncertainty about how life will be for us in the future.

One thing can be certain though, and that is women will still continue to have babies. ***Birth will still happen.***

All of the hospital antenatal education was cancelled around the country leaving many couples isolated and unsure where to turn. Some hospitals were not offering alternative sources of education for couples meaning they are left to go it alone.

*Adelaide Lactation Consultants, Midwifery & Hypnobirthing* has always had several options for couples, we continue to be here to help and do not want you to miss out on this vital preparation.

During the Covid-19 pandemic, we realised our *Hypnobirthing Australia™ Positive Birth Program* would still go on, with many taking advantage of our program held online!

The same information given in the same format while in the comfort of your home!

*Hypnobirthing Australia™ Positive Birth Program* has several delivery options that can be suited to any budget.

There are several things you can do to prepare yourself for the birth. Many of these are in keeping with the Hypnobirthing Australia Philosophy.

- Educate yourself on your different care options. Not all models of care are discussed. Private midwife, hospital clinics, continuity of care with a midwife, obstetrician's- there are so many options. Ask for them to be explained to you. Know your chosen model and why.
- Base all of your decisions related to your care and birth on evidence based research.
- Do you own, search reputable sources. Knowledge is power.
- Ask 'why' of your care providers. Do not take what they say as the final decision - you have the power to ask questions of your care providers.
- Surround yourself with positivity. Block out the negative birth stories of your friends, family and strangers!
- Make sure your support person knows what you want and why. A well thought out and researched birth plan is a powerful tool and can demonstrate a woman's intentions and desires related to her birth. It is assumed when a birth plan is formulated a couple has recognised normal physiological birth, the risk

and benefits associated with certain procedures and interventions as well as consent. Discuss this with your care providers so that you are all on the same page.

- Continue to grow as a couple and bond with your developing baby.

Below, I have shared several resources when helping families plan, prepare and research all things related to their pregnancy, birth and early parenting journey.

## Hypnobirthing Australia

- YouTube Channel
- Hypnobirthing Australia Online Program
- Blog
- Birth Stories
- Hypnobirthing Australia Facebook

## Online Documentaries & Workshops

- 'The Business of Being Born'
- 'Birthing in the time of Covid-19 Crash Course'

## Podcasts

Podcasts can be based on opinion not evidenced based. Avoid too many celebrity stories and instead look for mostly health care professionals.

- Australian Birth Stories
- Baby Talk
- Birthful
- VBAC stories
- The Birth Hour
- The Australian Breastfeeding Podcast
- Talks with the Feminine
- Evidence Based birth

## Additional Resources

- Dr Sara Wickham
- Dr Rachel Reed - Midwife Thinking
- Hannah Dahlen
- Dr Sarah Buckley
- BellyBelly
- Evidence Based Birth
- Expecting Science
- Optimal Maternal Positioning
- VBAC facts
- Royal College of Obstetricians
- and Gynaecologists
- Spinning Babies

## Books (those things with pages)

- Birth with Confidence - Rhea Dempsey
- The Complete book of pregnancy & Childbirth - Sheila Kitzinger
- Spiritual Midwifery - Ina May Gaskin
- Gentle Birth, Gentle Mothering - Sarah Buckley
- Childbirth Without Fear - Grantly Dick-Read
- BirthSkills - Juju Sundin's
- Guide to childbirth - Ina May Gaskin
- The Roar Behind the Silence - Sheena Byrom & Soo Downe
- The Golden Month - Jenny Allison
- The Postnatal Depletion Cure - Dr Oscar Serrallach
- Give birth like a Feminist - Milli Hill
- Just like a mother - Angela Garbes
- Breastfeeding- Jack Newman
- Breastfeeding naturally - The Australian Breastfeeding Association
- Breastfeeding with confidence - Sue Cox

