

I have birthed 4 stunning little individuals and each has a story to tell... There is much over the past 18 years that I have learnt around birth and infant parenting and the experiences to be had...

IF I HAD HAVE BEEN INFORMED.....

Because I was informed, I knew to breathe my baby out rather than to forcibly push.

Because I was informed, I knew that raspberry leaf tea was great in preparing the cervix to soften.

Because I was informed, I knew to start thinking of how I would manage labour pain.

If I had have been informed, I would have used water.

If I had have been informed, I may have explore water births.

If I had have been informed, I would have used a TENS machine or at least explored the option.

If I had have been informed, I would have questioned what I needed an obstetrician for with my first pregnancy.

If I had have been informed, my baby would have been born without scratches on his head.

If I had have been informed, I would have gone home instead of staying in the hospital overnight and getting bugger all sleep.

If I had have been informed, I would have been thrilled to have been left alone with my baby naked for 8 hours straight, rather than wondering why I was left alone pretty much straight after birth.

If I had have been informed, I may have been able to make it through transition with encouragement rather than being given pethidine.

If I had have been informed, I would have learnt the importance of breathing techniques and practicing positions.

If I had have been informed, I would have questioned whether natural childbirth really must equate to pain?

If I had have been informed, I would have known how to express milk when my milk came in and known how to manage the whirlwind of emotions as the hormones adjust those few days after birth.

If I had have been informed, I would have sought additional birth education classes.

If I had have been informed, I would have practiced hypnosis for birth or some form of relaxation technique.

If I had have been informed, I would have written up a birth plan/wish list of ideas for what I would have liked to explore whilst birthing. I think that would have helped my husband ALOT!

If I had have been informed, I would have used pregnancy and birth as a journey to self discovery as a woman and human being.

If I had have been informed, I would have taken the time to relax and engage with my baby and my body.

If I had have been informed, I would have been more patient in the process and enjoyed the last few weeks.

If I has have been informed, I would have taken the time well deserved to look after my body, with Massage or Osteopathy, perhaps seen a Chinese Medicine Practitioner.

If I had have been informed, I would have known my rights in childbirth and known what was natural and, what was an intervention?

If i had have been informed, I would have organised home help for a couple of weeks.

If I had have had a Doula, I would have been informed!

Author

Dionne Finnegan – Mother, Daughter, Friend, Aunty, Niece and a woman and Doula coming into her own to inspire, support, inform and educate other women and their families

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