



10 Tips When You're Planning A VBAC

1. Educate yourself by reading good VBAC books and websites.
 1. Websites:
 1. www.evidencebasedbirth.com
 2. www.ican-online.org
 2. Books:
 1. *Birthing From Within* by Pam England
 2. *Ina May's Guide to Childbirth* by Ina May Gaskin
 3. *Birthing Normally After a Cesarean or Two* by Helene Vadeboncoeur
 4. *Cut, Stapled, & Mended* by Roanna Rosewood
2. Take a great, in depth childbirth class.
 1. We have some great options in Nashville:
 1. Evidence Based Birth Classes with Heidi Duncan
 2. Hypnobabies with Nashville Birth and Babies
 3. A one-hour online class with Rebekah Porter through Blissful Birthing
 4. Private, in home classes provided by most doulas.
3. Hire an excellent care provider.
 1. Qualities you might look for:
 1. A good listener
 2. An advocate for vaginal birth/VBAC
 3. Accepting and encouraging of doulas and midwives
 4. Patient
 5. Follows evidence based practices.
 6. Back up care providers have the same or similar philosophy.
 7. High rate of VBACs/lower rate of cesareans (don't be afraid to ask for your provider's statistics!)
 8. Other women in the community have had successful VBACs with this provider (the Nashville ICAN Group on Facebook is a good place to seek recommendations)
4. Be willing to switch care providers if necessary. Trust your gut on this one.
5. Don't forget to use your BRAIN!
 1. Before agreeing to any procedure/recommendation, ask about:

1. Benefits
2. Risks
3. Alternatives
4. Intuition (what does your gut tell you?)
5. Nothing (what if you do nothing now or what if you do nothing ever?)
6. Plan for an unmedicated birth. More interventions often lead to more medical births. By limiting induction, pitocin, epidurals, etc., you increase your chances of a vaginal birth. (But have a plan for if any of those things are medically necessary—you can still have a VBAC if you need some intervention!)
7. Hire a doula.
 1. A doula can help...
 1. Ease fears during pregnancy and birth
 2. Prepare for a vaginal birth
 3. Help you know your options
 4. Provide information
 5. Navigate any confusion when signs of labor start
 6. Provide a continuous calm and steady presence through the ups and downs of birth
 7. Support you with position changes and comfort measures
 8. Support your partner
 9. And so much more!
8. Labor at home as long as possible.
9. Prepare for a Cesarean without expecting one.
10. Work through any birth fears and anxieties.
 1. Remember: Head, Heart, Lady Parts! You have to have your head and your heart in a good place in order to set your body up to labor and birth.