



Art by Tanya Torres

Sacred Cesarean Birth Guide

A Planned Entrance into the World

Raising Awareness by Following a Kind Philosophy within a Cesarean Birth
By Kelly Meehan



Table of Contents

Introduction

Contents	2
Introduction	3
How the guide works	4
Creating a Sacred Cesarean	
Picking Doctor/ Location of Birth	5
Discussions of a Cesarean Birth Plan	6
Positive Cesarean Birth Plan (Sacred Cesarean Birth Plan) ..	6
Sacred Pregnancy	7
Rose Ceremony (<i>Sample of Sacred Cesarean Ceremony</i>)	8
Rose of Divinity (Prayer/Blessing)	9
The Day of your Cesarean Birth	10
Spiritual and Emotional Care for Baby	10
Healing and Spiritual Recovery after Cesarean	11
Tips for Sacred Healing During the Postpartum Period	12
A Foundation for Holistic Healing	12
Sacred Cesarean Birth Plan (<i>Personal use</i>).....	13
Positive Cesarean Birth Plan (<i>Hospital use</i>)	15
Birth Sign	17
Cesarean Resources	18

About Birth Healing

The mission of *Birth Healing* is to bring sacredness into cesarean births and to deepen awareness and healing around these experiences. It is our goal to meet cesarean births with great empathy, while advocating for evidence-based care within a family friendly hospital that supports the early attachment of mother/father and child. The vision of *Birth Healing* is to help mothers experience their cesarean births as gentle and sacred before, during, and after the birth. This process begins with the mother having the courage to follow her heart by building that sacred experience within.

Introduction

The birthing industry has changed. Cesarean births are being easily offered with limited attention to the mother and child relationship. A gentle and positive supportive approach is lacking within many cesareans due to outdated modes of care, lack of education, and most of all, fear. Doctors and parents alike experience the strong feelings of fear. Education, repair, and practice are needed to help hospital personnel understand delayed cord clamping, delivering baby slowly and consciously, having soft voices during birth, providing chest-to-chest contact for mother and baby, and breastfeeding support right away. The focus of birth should always be to maintain the best interests of the mother and child, but this gets misinterpreted and interrupted more often than we'd like to realize. It is so important that mother and baby are treated with gentle care to support bonding, recovery, and long-term healing.

The change in cesarean birth will come from birthing mothers, birth advocates, midwives, medical doctors, and the medical establishments (hospitals) who want to create a more evolved, kinder, and gentler approach. Countries around the world hold different views when it comes to the increasing rates of cesarean birth. The goal and concern from most is to lower the rates. It is unfair to subject women to disempowering births because of a lack of evidence-based thinking and out-dated medical models of care. Women want to trust and feel safe in birth in order to make the best choices for their care. Change is possible and it starts with the mother creating a powerful desire within her to create an empowering birth within the cesarean along with the support of the hospitals, doctors, and nurses. All of this is based on being open to learn more about implementing a new and loving philosophy of a positive cesarean.

How this Guide Works

This guide will assist you in creating a kind and sacred birth by teaching you different techniques to focus on within yourself and how to have the conversations with your doctor that support a positive cesarean. You can create a loving experience for you and your baby with a cesarean birth that is empowering, trauma free, and conducive to a healthy recovery. This guide will help support the creation of a positive and gentle approach to cesarean birth.

The guide includes the following sections: **Introduction** and **How This Guide Works** which will provide an overview along with simple steps for creating a sacred cesarean. The following sections provide resources and tools to facilitate a positive experience for yourself and baby. See sections: **Sacred Cesarean Plan**, a **Positive Cesarean Birth Plan for the Hospital**, and a **Cesarean Birth Sign**. **The Sacred Cesarean Birth Plan** form is specific notes just for you. It is used to support your birth and offer pre-birth exploration and connect to your inner journey in pregnancy into birth. **The Positive Cesarean Birth Plan for the Hospital** is a form with suggestions in facilitating a positive birth by cesarean and has options to add or take away to serve your needs. This form is for you to share with your provider and go over creating a birth plan. **The Cesarean Birth Sign** is for you to use and place in the environment to show your commitment in creating a positive birth for you and your baby.

Who should read this guide

This guide is for new mothers or seasoned mothers having to make a birth choice that involves a cesarean birth. It is helpful for women seeking to have a vaginal birth after cesarean (VBAC) just in case a repeat cesarean is necessary. The information contained in this guide is intended to help all women, including those who birth a breech baby, multiples, cesarean birth after cesarean (CBAC), and emergency cesareans. This guide is a great resource for parents as well as birth professionals including obstetricians, gynecologists, family physicians, midwives, labor and delivery nurses, birth educators, and doulas. It is for anyone that wants to help support the development of kinder cesarean births for families.

Important Terms

A cesarean birth is referred to by many names: c-section, surgical birth, section, cesarean, and cesarean birth. I choose to use the term cesarean birth to honor the mother's and child's experience of birth.

This guide is about creating a sacred cesarean. Birth by cesarean will also be referred to as *positive cesarean* throughout this guide. A *positive cesarean* is making a conscious commitment to create better cesarean births for mother and child. It involves building into the cesarean birth a gentle, compassionate, empathic, and loving approach in birth. In order for a *positive cesarean* to come together a mother needs to find a great doctor that understands the importance of building a positive birth from the beginning and into the life of the mother and child relationship. The new idea has been practiced around the

world through different cultures, but not enough. A positive experience in birth can offer a bonding between mother and child that does not get lost to clinical coldness, fear, or unresolved trauma. The first moments of life for baby can be deeply rooted in the heart of the mother through her conscious practice of creating a *positive cesarean*. The guide is about creating the best birth by cesarean, so please select the description that works for you: sacred cesarean, positive cesarean, family centered cesarean, natural cesarean, or gentle cesarean. The use of the term *sacred cesarean* may not be as welcomed by some in the medical profession. Something to keep in mind.

Cesarean births are needed for many reasons: medical purposes, the physiology of the body, private fears, and personal choice. Cesarean birth does not need to be a detached, cold, and impersonal birthing experience. It can be a beautiful, kind, compassionate, and loving experience. A sacred cesarean is a spiritually connected birth.

Kind birth philosophy – A *kind birth philosophy* is based on caring for the mother and baby in the safest, gentlest, and loving way. It involves taking all necessary measures to ensure true safety, continued respect, extreme kindness, and a wealth of compassion from the start of labor, birth, and into recovery. A *kind birth philosophy* should be considered and should already exist within maternity care globally. It is unfortunate that it needs to be defined when it should be an automatic response and understanding of birth.

Creating a Sacred Cesarean

Picking Doctor/Location of Birth

In a planned cesarean birth the mother and partner/father should pick a medical doctor that they feel supported by, safe with, and comfortable with in both prenatal care and labor and delivery. Make sure to tour the hospital and visit with the medical staff prior to your baby's birthday. It is important that you feel safe, comfortable, supported, and cared for when finding a doctor that can support your desires for a positive cesarean birth. Also making sure you feel comfortable with sharing your desires to build a positive cesarean with your entire medical birth team.

Talk to others in the community about their personal experiences in that hospital. Make sure to review all of the hospital's policies and procedures before making any decisions and it is always recommended to get written copies of the policies. Read all of the forms and always ask questions before signing anything if you are confused or have concerns. Being **informed** is essential for making an **empowered choice** and important part of your birth plan. Remember that you have birthing rights which include receiving information about the risks, benefits, and alternatives of care as well as support to make an informed choice that aligns with your values and beliefs. Regardless of your insurance plan, you are a paying client/patient that is hiring the best doctors/midwives/nurses and facility to have a cesarean birth for you and your baby.

You may want to ask your hospital/doctor about checking in, expectations, preparation, and recovery. Be prepared with questions.

- * Bring questions to your doctor that you may have about birth.
- * Hospitals and doctors may have different ideas about your birth. Be aware of how hospital rules and policies may impact your options. This is important because doctors and hospitals are sometimes not on the same page with you due to conflicting rules and policies.
- * Get everything in writing for your records.
- * Discuss your cesarean birth plan.
- * Talk about what to expect for recovery and lactation support.

Your body, your choice, and you deserve to be met with respect, involvement, explanation, empathy, and love. It is necessary to feel comfortable by exploring all of the available options of care. It is important to receive support from a doctor you like. Talk to your doctor about creating a positive cesarean.

Discuss a Cesarean Birth Plan

All health care providers are going to have a different view of birth depending on their experiences with medical procedures, education, personal beliefs, and hospital policies. Some may embrace creating a *sacred cesarean* for you and your baby, while others may reject it. If the staff does not support a *kind birth philosophy* through cesarean this could be a great opportunity to find a hospital and doctor that is aligned with the understanding of birth psychology. You can also do personal research on baby-friendly hospitals that are open to the Association for Prenatal and Perinatal Psychology and Health's (APPPAH) philosophy. APPPAH has articles, newsletters, and updated research related to the psychology of birth with an emphasis on education and prevention on its website, www.birthpsychology.com. Find a hospital that will work with a *kind philosophy* for a sacred cesarean birth. If that is not an option, then your work will be in preparing before birth and healing afterwards.

Positive Cesarean Birth Plan (Sacred Cesarean Birth Plan)

Become educated about other great things to provide for you and your baby including: (a) gentle ways procedures can be administered to you or your baby, (b) explanations about what is going to happen to ease your anxieties, (c) discussions with your doctor about moving slowly to deliver your baby gently, (d) delayed cord clamping if you choose, (e) immediate skin-to-skin contact and bonding, (f) breastfeeding, (g) leaving the vernix on baby after birth, and (h) saving your placenta, if you want. You can add more to this list and explore other options.

It is important to create a birth plan and to be detailed about what you want, while remaining open to change when necessary. The creation of a plan can give you some structure and focus. It is important to feel into your birth intention before you enter the birth space. (Samples are available in this guide for you to use or copy.)

Sacred Pregnancy

Sacred experiences begin with taking life slowly, being mindful, practicing loving self-care, paying attention to and honoring your feelings, moving with your body, and bringing awareness into your life spiritually.

Your sacred pregnancy starts at conception and lasts into the 4th trimester (which is called postpartum). Your pregnancy is a time of physical, emotional, and spiritual changes. Your planned cesarean can be a sacred experience if that is your desire.

Rituals and ceremonies are an ancient form of practice that civilizations throughout history have performed during big occasions for birth, celebration of age, endings, and transformation. They offer a powerful opportunity to be present, provide closure of the old in order to welcome the new, and bring a wealth of attention to the importance of the sacred creation of life. A *sacred cesarean* may include some kind of ritual or ceremony before the birth begins. You can do this weeks or days before birth. A ritual before a cesarean birth can offer great emotional ease, a conscious entrance for your baby into the world, and better healing postpartum.

Your *sacred cesarean* ceremony or ritual can be created in many unique ways. You can prepare weeks before with a special daily meditation that leads you up to the birth. It can be done by including others in a ceremony like a blessing way or mother blessing. In the ceremony you can gather with friends in a circle and share loving, positive, and uplifting words. Your ritual can include a bead ceremony and candle lighting. Bring the energy of prayer, intentions, songs, blessings, and poems. Distance rituals are a good way to involve friends or relatives that live far away and cannot make it (or if you are not comfortable with so many in the pre-birth room). Either together in person or from afar, each person can light a candle for you and send blessings during the cesarean birth. Each candle burning holds a safe and loving birth for the mother. You can get many involved by having other friends or a birth doula create a call chain by texting or calling to spread the news that it is time to light your candle in love and hold loving intentions for the birthing mother and baby. A sacred cesarean ceremony can be created in many loving and creative ways. Explore personal ways to create this unique experience for you and your baby.

If you are interested in creating a private ritual for yourself and your partner then you could do this by building a spiritual altar that has items of importance that are connected to the energy of birth and baby. Let your intuition guide the creation of the altar and go to this space to talk to your soul, your baby's soul, and share in meditations alone or with your partner.



Rose Ceremony (A Blessing)

Sacred Cesarean Ceremony Sample

This ceremony will be created before your cesarean birth. It can be done weeks or days before. Find a nice and peaceful space to build your ceremony. Your partner can join you or you can do this alone.

Ceremony Materials - You will need the following materials. Start with some kind of statue of a goddess, angel, woman, or image/picture. Have something that symbolizes your baby and the energy of your baby (a statue, picture, or baby related item). Next add items in pictures or objects that represent the heart. Print the words “*sacred cesarean birth*” on a paper big or small. You can decorate it or make it simple. Get 5 or more rose quartz crystals and other crystals or stones that you like. Get 2-4 fresh long stem roses in any color. Create or include a prayer, mantra, poem, or meditation. Include a high grade essential oil that has a favorable aroma, beautiful fabrics, or shawls, a plate, basket, or mat. Have 4 small bowls that will represent the elements with salt, water, air (I like using quartz crystals for this), fire (a candle). Each item for the ceremony carries an energy, a meaning, and power. Each item should be meaningful to you.

The Meaning of the Ceremony Items - A rose ceremony was created specifically for cesarean birthing mothers and babies. The energy of the rose is a powerful living flower that embodies great beauty. It is vibrant to the eyes, exciting to the nose, and lovely to touch. Besides its earth purpose of being a flower in physical form it symbolizes femininity, healing, compassion, and represents the divine holy mother. Historically, the rose is a sign of romance and love. The items for the rose ceremony all come together to form a healing altar to deepen your pregnancy and the birth of your child.

The statue, images, and or pictures represent femininity, goddess, and sacredness. The symbol you select to represent your baby is to represent the spirit/energy of your baby. The word “*sacred cesarean*” on paper is important in bringing awareness to the *sacred cesarean* you are building for you and your baby. You could also use cesarean birth art, which can be a beautiful addition to your ceremony (example image at the end of the

guide). The rose quartz carries a vibration of self love, unconditional love, heart, heart chakra, sensuality, tenderness, and compassion. The rose flowers and petals bring in that powerful rose energy. The small bowls of salt, water, air, and earth represent your connections to the body of earth and your body that is a grounded life force of the mother of creation. Your candle (fire) will have two meanings of bringing in the fire element and lighting your heart's path for you and your baby into birth.

Ceremony Set Up - Set up the space with the above listed items. Lay some fabrics in a circle formation. Create the ceremony by placing all items in a circle formation that symbolizes wholeness, continuation, and completion. Create a center with statue, pictures, images, stones, roses, rose petals, and candle. Sprinkle rose petals all around. After your items are beautifully and intuitively set up you can begin your ceremony by sitting in front of the circle. You can set up the circle and leave it there until or after birth or take a picture of it to bring with you in your birth recovery room.

Starting Rose Ceremony -The opening of your ceremony starts with essential oil (suggestions: Rose, Geranium, Ylang Ylang, Lavender, Frankincense, or your favorite blend). Place a few drops of oil on your hands and rub together. Cup your hands over your face and breathe in the aromas. As you breathe in, you may begin to feel inner stillness along with awareness and openness. Wrap yourself in a shawl to bring energy of self inward and honor your inner space. Take in all the items in your personal ceremony you created by feeling the textures and viewing the colors with your eyes, hands, and heart. Read your prayer or begin a meditation you enjoy. (See sample of prayer below.)

Light the candle in the center and connect to your baby in your womb. Bring your awareness to the soul of your baby. Allow your spirituality to fully integrate into a conversation with the spirit of your child. Feel the energy that is one within you. Share your feelings, dreams, and thoughts with him or her. Talk about the sacred entrance your baby will be born into and acknowledge your baby's birth. You can call upon any other divine energies you believe in to further enhance your blessing. Sit in ceremony until you feel completed and ready to close the ceremony. You can also come back to the ceremony later in the day or week if you want to create more time in this sacred space. To close the ceremony you can say a prayer of closing and ending. You can also sing a song or chant some words of love and spiritual connectivity. Blow out the candle and if you want, you can move items into a space that can be used as an altar or you can place items in box as a memory or to bring with you in recovery after birth. You can set up your recovery room with ceremony items of healing. You can ask a friend/family member to assist you with this.

Rose of Divinity (Prayer/Blessing)

Divine light/rose I call in your most exquisite beauty and infinite radiance of love.
I call upon spiritual protection and safety in my body...in my mind...in my heart.
I call upon the strength and courage to transform old wounds into healing light.
I call upon my baby to access his or her wisdom into perfection and true alignment.
I call upon support in the birth of my child and my heart.

I call upon self love and self kindness for a healing recovery after birth.
With gratitude and loving appreciate. Blessed be. Namaste. Amen. Ahu.

The Day of Your Cesarean Birth

You are now ready to birth your child into the world. In preparation for your baby's birth make sure your medical staff is informed about your choices and personal birthing philosophy. It is recommended that you share your birth plan or discuss it with your doctor beforehand. Use the form provided in this e-guide to help you create a *Positive Cesarean Plan*.

Be sure to inform staff of your needs or hire someone to help you do this. A doula or prenatal coach can help advocate for you and create an environment that honors your requests. A doula can help you understand more about the details of birth, expectations, assist you emotionally and spiritually, and support you in all ways. Many doulas are not allowed in the actual delivery room/OR when a cesarean birth is occurring. Have a conversation before to discuss support for you in the OR. If a doula cannot be present in the OR then ask your doula to work from the outside by sending love, safety, and protection with prayer, mantras, and intentions. Allow the doula to support you in recovery. To learn more about what a doula's does or to hire a doula visit www.dona.org/mothers.

You did all you could do for your *sacred pregnancy* into your *sacred cesarean* birth. It is normal to feel anxious and scared. Take a deep breath and let go into trusting your heart and get ready to meet your baby on the outside for the first time.

Spiritual And Emotional Care for Baby

Congratulations, your baby has arrived earth side! How will you support and nurture the emotional and spiritual energies of your baby after birth? Your *sacred cesarean birth* had positive implications on you and your baby's physical, emotional, and spiritual wellness. Having a *sacred cesarean* creates a sacred entrance for your baby with as little trauma as possible.

Your baby is a sensitive and conscious being. She is full of cognitive awareness before birth. Life in the womb is rich with development as your baby prepares to enter into a breathing and living world. The cellular body is a living organism of cells that make up the anatomy of the infant human body and even before birth, the first moments of life are being stored, processed and imprinted. A body memory of their birth will set the foundation for the rest of their life.

Addressing the needs of your newborn involves paying attention to the emotional state of your baby after birth with empathy, loving touch, soft voices, clear thoughts, loving intentions, and the bonding experience of nursing. If you are not able or choose not to nurse please do not be discouraged, you can continue to build a loving bond.

Sometimes extra care is needed for the cesarean born baby. After your baby is born, you may not get to hold them right away or your baby may need extra support with a NICU stay. How do you give your baby a great start after a cesarean birth? You can experience connectedness without having physical contact those first moments of life. This is where your earlier practice of sacred connection with you comes in to play. Keep your energy connected to your baby after birth and be aware of powerfully feeling that connection.

Explore the idea of how your baby feels entering the world. Talk to your baby and their birth. Acknowledge how it must feel to come from one world into another. Describe the procedures that occurred, such as mouth suction, rubbing and washing of their body, injections, and other needed intervention as a way to give them a sense of being seen, supported, and understood. As you are holding your baby talk about the whole birth and be detailed about it, while most importantly verifying your baby's experience. As you do this, be aware of your baby's reactions as you continue to explore and heal the experience together. Take it slowly and notice your baby, while sensing their energy, movements, verbal sounds, and feelings. Trust your mother's intuition and wisdom.

There are a variety of holistic therapies available to help your newborn further heal and integrate their birthing process. I encourage you to take advantage of them. Examples include: infant massage therapy, loving therapeutic touch, craniosacral, chiropractic care, perinatal psychotherapy, early/infant interventionist, and many other services. You can also create a ritual, baby naming ceremony, or other healing religious ceremony to welcome your baby and help heal the birth experience.

Healing And Spiritual Recovery After Cesarean

After your *sacred cesarean* birth it is your time to bond with your baby and connect with your family. You will need to take it slow, rest, and relax. You do not want to do anything that requires excessive energy. This is your sacred postpartum time. Stay connected to the healing of your uterus and well being. Be flexible and know that your hormones are readjusting after pregnancy. You had body trauma that takes times to heal. Ask for help during this healing process.

In keeping with the energy of a *sacred cesarean birth* what you have done is created a new opportunity of awareness for you and your baby. You have also assisted other women who choose to create empowering cesarean births with intentions for kinder birthing by your own actions and making a way for *sacred cesarean births*.

Allow each day after the birth to be greeted with being in the moment. At some point within the first three months after the birth, explore and write down your birth story. The sooner the better because the birth mind changes and memories fade as your baby will keep you busy. Keep your birth memory in a journal and make a copy to be placed in an envelope for your child some day.

Create rituals in small and large ways into your daily life. It can be simple as warm soothing tea, peaceful music, and or nurturing family/friends supporting you. Your healing is going to be continuous. Review the list of sacred healing practices to add to

your recovery into the first 6 months or more after your cesarean birth. Not all the things can be done right away. Make sure to consult with your medical care provider and your body.

Tips for Sacred Healing During the Postpartum Period

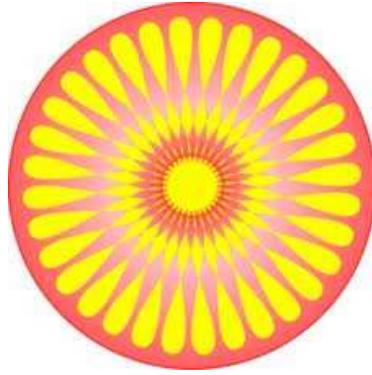
- * Eat nourishing warm and healthy foods (postpartum food pyramid)
- * Rest in a comfy bed with fresh linens and a soft robe
- * Fill your room and house with fresh flowers or green plants (clean-air plants)
- * Bind your belly (Bengkung) to support your muscles & mid-body
<http://mothernaturale.wordpress.com/bengkung-belly-binding/>
- * Use scar oil for skin recovery and self loving touch over abdomen
<http://joanneameyacohen.com/products/cesarean-scar-oil/>
- * Use aromatherapy with organic high grade essential oils
<https://www.mountainroseherbs.com/catalog/aromatherapy>
- * Take salt baths and herbal flower baths (make your own mix or purchase) (organic/natural blends) <https://www.mountainroseherbs.com>
- * Ingest your placenta encapsulation/tincture
<http://www.placentawise.com/research-studies-supporting-placenta-encapsulation/>
- * Do womb massage (abdominal/self care) for emotional and physical support and for circulation, flow, & healing touch
<http://www.thewombwellnesscenter.com/maya-abdominal-therapy.html>

A Foundation for Holistic Healing

All surgery can be traumatic on the body and typically requires time and attention for deep healing. The postpartum period is a time of rebalancing of your physical body, letting go of being pregnant, changing hormones, milk production, emotional ups and downs, change in sleep routines, and the stress of the constant care of a newborn. Your healing is important! Make yourself a priority by managing your stress, eating healthy foods, and getting support when needed.

Explore holistic options to make the emotional and physical transitions of surgery into a good healing practice before birth. Taking a holistic approach adds to the healing process in conjunction with other medical models. Find a safe and loving practitioner to help you prepare beforehand and heal after the birth. Some great results come from chiropractors, acupuncturists, massage therapists, energy body workers, and or spiritual counselors.

The next section is a birth plan activity for you and your partner to do together as a way to prepare for your upcoming *sacred cesarean* birth.



Sacred Cesarean Birth Plan

Intuitive design (YOUR Name here)

Your sacred birth will be your unique experience that is being created for YOU & YOUR baby/babies. This section is just for you and nobody else, and is intended to help you transform your birth into an experience that honors the sacred.

- ☉ **Hold a vision with your partner** - Together hold a vision of a *sacred birth* by talking about feelings, concerns, fears, excitement, and love. Create a special prayer, meditation, and or intention. Practice sharing in a spiritual practice weeks and days before birth.
- ☉ **Hold a vision for yourself** - Your *sacred cesarean* means you redefining the cesarean birth. You need to prepare yourself at 36 weeks for this practice and earlier for (twins or other medical concerns). Creating a sacred practice can be done in many ways.
- ☉ **Talk to your baby or babies in the womb** - During pregnancy create a ritual of talking to your child. This may include, “*I cannot wait to see you.*” “*I am open to listen to you.*” “*I am very excited to see you soon.*” “*Please let’s communicate and send me any feelings to help with the birth.*” “*I love you and I am ready.*”
- ☉ **Visualize some kind of loving bubble, sphere of light, beautiful lotus flower, or higher power within you** - Practice this weeks before birth to prepare and as you are entering the birth room. You can include aromatherapy to bring you into a deep space of relaxation and calming. A high quality Lavender essential oil can benefit your practice of your *sacred cesarean birth* experience.
- ☉ **Connect to your heart and let go into that space** - If you want to do deeper work. You can feel into the “push.” The pressure of the baby/babies being born will be felt. You can offer yourself an opportunity to imagine energy of light and purpose running from your core body down into your pelvis and moving down through your cervix into your vagina

and out of your body. You are moving the energy for deeper connections.
(This is optional)

- © **Prepare your baby** physically, emotionally, and spiritually by talking to your baby, explain what is going to happen weeks in advance, have someone explaining what is happening the entire time during birth and take time to discuss afterwards.

The following *Sacred Cesarean* Birth Plan is available for you to modify and PRINT. You can distribute this plan to your medical team before birth.

In the *Sacred Cesarean* birth plan the forms are reworded for the hospital by using the phrase *Positive Cesarean*. A positive cesarean offers an easy term for everyone. You can also call it a *Family Centered Cesarean*. All these terms will help create a compassionate and loving birth. The plan asks for information about the patient. Feel free to fill it out and even leave blank or rewrite so that it works for you.

The *Positive Cesarean Birth Plan* includes **three major** sections: before birth, during birth, and after birth. Please make your plan as specific and clear as possible so that it is easily understood. Delete all items and extra wording that are not applicable so that you end up with a quick, bullet list of your wishes.

POSITIVE CESAREAN BIRTH PLAN

Mother's Name: _____

Partner/ Father's name: _____

Due Date/ Expected date: _____

Address: _____

Doctor: _____

Hospital: _____

DURING Cesarean Birth

- I would like for people to enter room to speak softly
- I would love to play music or have option for headphones for personal use
- I would like to remain aware during the birth/ epidural only
- I would like for you to lower screen to view birth
- I would like a description of cesarean section
- I would like low voice conversations during
- I would like to be alert for delivery (no narcotics)
- I would like "walking the baby out" (slow delivery with pauses)
- I would like ...

AFTER Cesarean Birth

- Please place my baby skin-to-skin, if that is an option, otherwise please let me hold baby as soon as possible or place next to me
- Please do not separate us until successful breastfeeding has occurred
- Please delay unneeded procedures until bonding
- I would like delayed cord clamping after birth
- I would like my partner to cut the cord
- I would like my placenta after birth for pick up by birth professional or friend/family
- Unless something is wrong- I would like to sign waivers for my babies to be with me after birth
- I would like my partner to bond with baby (holding/ skin-to-skin)
- I would like for medical team to **NOT** be negative or make discouraging comments
- I would like a lactation specialist available to promote breast feeding and encourage nursing
- I would like to discuss my post-operative pain meditation options before and after cesarean birth
- I would like to have catheter and IV removed ASAP after recovery period

I would like to be informed of anything planned to be done to both my baby and myself

NEWBORN CARE

Newborn routine procedures delayed

NO eye drops of any kind

NO vitamin K shots

NO Hepatitis B shot for baby

NO vaccinations after birth

NO circumcision

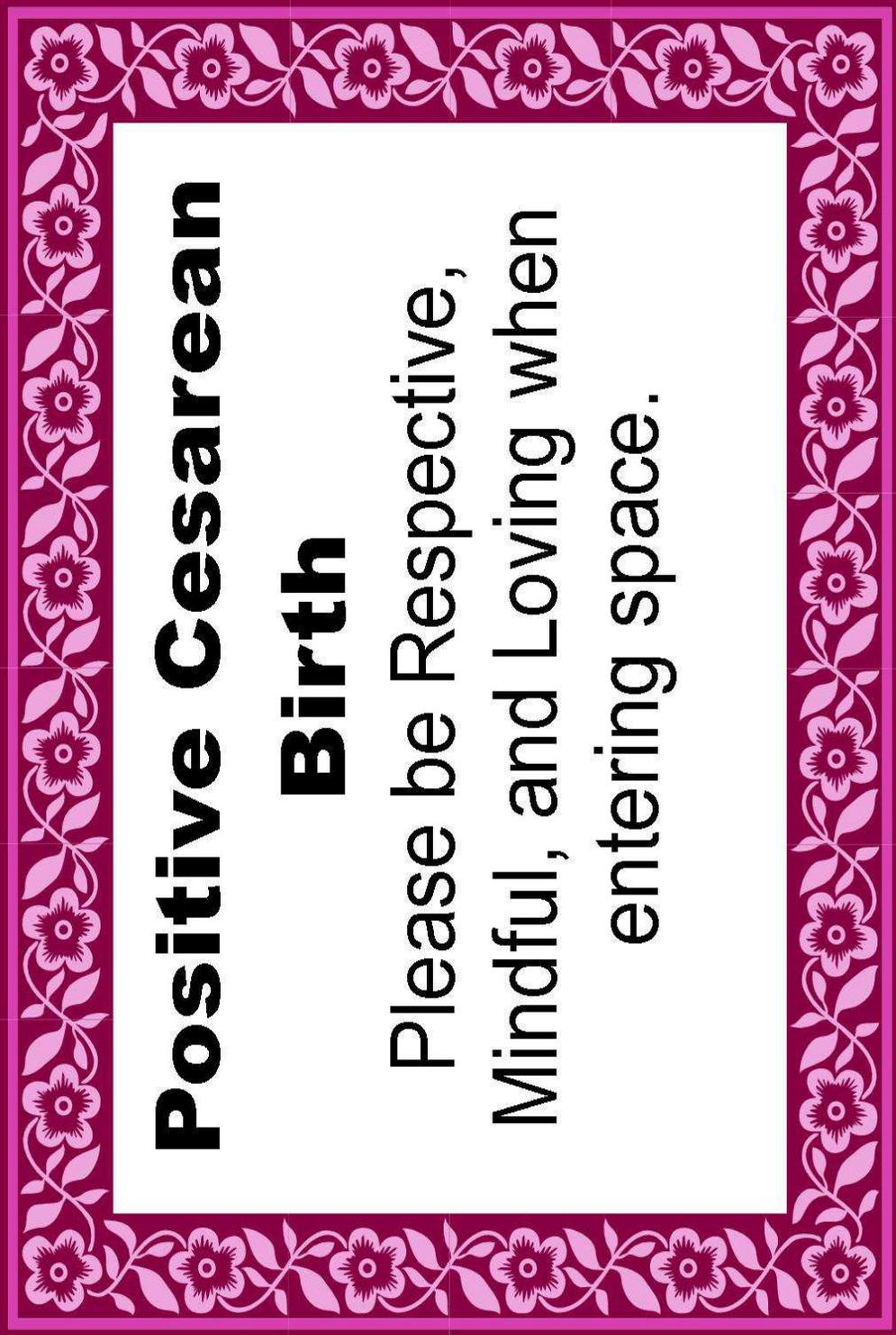
I would like _____

Do **NOT** do without consent:

◆ Formula/Sugar water

◆ Pacifiers

◆ Any artificial nipples



Positive Cesarean Birth

Please be Respective,
Mindful, and Loving when
entering space.

Resources

Sacred Cesarean Experience <http://www.birthhealing.com/sacred-cesarean-birth.html>

The Natural Cesarean: A Women Centered Technique

<http://www.youtube.com/watch?v=m5RIcaK98Yg>

Natural Cesarean (Santa Monica, CA)

<http://www.davidghozland.com/obstetrics-gynecology/obstetrics/natural-c-section/>

Cesarean Voices ~ for and about cesarean born people

<http://www.eheart.com/cesarean/index.html>

The Natural Cesarean: A Family Centered Approach

<http://hypnobirthingaustralia.com.au/the-natural-caesarean-a-family-friendly-approach/>

Planning a Positive Cesarean/ Birth Healing

<http://birthtalk.org/>

Sacred Cesarean: A New Vision in Birth Healing

<http://www.birth-institute.com/alternative-medicine-and-childbirth/sacred-cesarean>

The Spiritual Teachings of a Cesarean

<http://lovingearthmama.com/2011/05/12/the-spiritual-teachings-of-a-cesarean/>

Special Delivery <http://spiritualityhealth.com/articles/special-delivery>

Birthrites: Meditation before a Cesarean

<http://talkbirth.me/2014/01/03/birthrites-meditation-before-a-cesarean/>

Emotional Recovery From a Cesarean

<http://www.plus-size-pregnancy.org/CSANDVBAC/cseemotionalrecov.htm>

Sacred Birth Workbook by Stephanie Dawn

<http://www.stephaniedawn.com/workbook/>

Birthrites-Healing After Caesarean <http://www.birthrites.org/birth-stories/stories>

Article: A Family Centered Cesarean: Taking Back Control of my Son's Birth

<http://www.improvingbirth.org/2013/04/a-family-centered-cesarean-taking-back-control-of-my-sons-birth/>

Article: A Doula's Perspective of a Sacred Cesarean

<http://dolcedoula.com/a-sacred-cesarean-birth/>

Article: Bonding With My Cesarean

<http://naturalparentsnetwork.com/bonding-cesarean/>

Birthing Through a Cesarean Opening

<http://carlysullens.hubpages.com/hub/Birth-through-a-Cesarean-Opening-A-Pose-for-Women-Who-Had-A-C-Section>

Emotional Impact of Cesareans

http://www.midwiferytoday.com/articles/emotional_impact.asp

Empowered Birth—Cesarean Birth Plan

<http://empoweredbirthpa.org/2012/05/cesarean-birth-plan/>

Natural Parents Network <http://naturalparentsnetwork.com/bonding-cesarean/>

Birth Cut: The Positive Cesarean <http://www.birthcut.com/thepositivecesarean.htm>

Evidence based information (Vaginal Birth After Cesarean)

<http://vbacfacts.com/quick-facts/>

International Cesarean Awareness Network & VBAC Information

<http://www.ican-online.org/>

Having a Cesarean-in-Awareness <http://www.birthingfromwithin.com/cesarean>

From Womb to Underworld and Back Again: Healing Cesarean Section

http://www.susunweed.com/herbal_ezine/December06/childbearing.htm

Cesarean Birth Plan by Do-La-La

<http://momotics.com/c-section-birth-plan-by-dou-la-la/>

Cesarean Inter-Section by Terah R. Lara

<http://www.midwiferytoday.com/articles/cesareanintersection.asp>

Homeopathy After a Cesarean Birth

<http://www.ibtimes.com/homeopathy-after-cesarean-birth-190530>

Mother Love

<http://www.motherlove.com/blog/view/Writing-a-family-centered-cesarean-birth-plan>

Cesarean Birth Stories

https://birthpsychology.com/free-article/cesarean-birth-stories#.VDv8rI3n_Dc

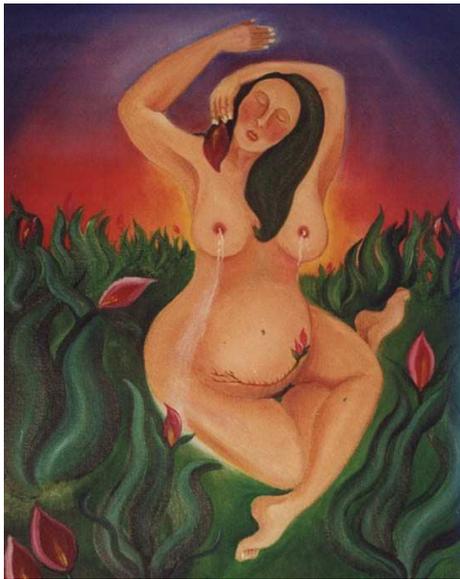
The Effects of Inhalation of Aromatherapy Blend containing Lavender Essential Oil on Cesarean Postoperative

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3821145/>

The Natural Cesarean: A Women Centered Technique
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2613254/>

Transformative Cesarean Birth (group)
<https://www.facebook.com/groups/461964110551029/>

The 12 Ancient Midwives
<http://www.rebeccawrightdoulahealer.com/tag/paula-cleary/>



Cesarea

Thank You Tanya for your most powerful artisit creations used as cover and end of guide!

Artist BIO

Visit www.tanyatorres.com to view her work and connect with Tanya

Tanya Torres is a Puerto Rican artist and writer living in El Barrio, New York City, the place where she creates, dreams and loves. She graduated from the City College of New York with a B.A. in Art Education, and an M.F.A. in Printmaking. Her artwork has been presented at the United Nations Organization, the Center for Puerto Rican Studies Library, the Museum of the 19th Century Dominican Family in Santo Domingo (Dominican Republic), the Porta Coeli Museum (Puerto Rico), and the Prague Congress Centre in the Czech Republic, among other cultural institutions. Her hand-made books are in private and public collections throughout the United States and Puerto Rico, such as the Center for Puerto Rican Studies Library and the University of Puerto Rico Library. In 2002, El Diario/La Prensa selected her as one of the 50 Women of the Year. Between 2007 and 2010 she created a series of poetry murals and mosaic murals for the children P.S. 57 in East Harlem. Her most recent project is a series of digital paintings commissioned by the East Harlem Bilingual Head Start and inspired by its mission to create healthy eating habits in young children and their families. She currently works from her studio in East Harlem, where she creates art that celebrates life, nature and spirituality. www.tanyatorres.com Art work (Mary Magdalene of the Burning Heart)

ABOUT AUTHOR



Kelly Meehan, MA {Birth Healing Visionary, Sacred Therapist, & Mystical Creator}

Kelly is a birth healing visionary, sacred therapist, mystical creator, published author, a loving wife, and an earth mother to her son Rain. Kelly is a birth healing visionary who focuses on spirituality in conception, pregnancy, and birth. She uses her extra sensory sensitivity of clairvoyance and clairsentience in her work to tune into each individual and spirit baby for wholeness, healing, and love. She has been called a baby medium and pre-birth communicator.

She holds a Masters in Clinical Psychology with an emphasis in Somatic Psychology. As an MFT Intern she worked with mothers and children and helped lead groups on attachment parenting and provided family psychotherapy. She also has been a leader/coordinator for parent and toddler groups working as an early interventionist providing in-home play therapy for children. Always wanting to learn more, Kelly has additional training in Craniosacral therapy, Infant Massage Instruction and Parent Education, and Mini Yogis (children's yoga teacher). She has completed the training for the Advanced Level Integrative Energy Therapy. Her work encompasses many areas of healing with a focus in Birth Psychology, Transpersonal Psychology, Neurobiology, Energy Psychology, Somatic Psychology, Energy Medicine, Spirituality, and Divinity.