

# 10 tips for an empowering *birth*





so you're going to have a baby! now what?

hospital, home birth, epidural, au natural, childbirth classes, birth plans, car seats, breastfeeding, bottle feeding, will we ever sleep again??

these are all common thoughts and questions for mothers preparing for their birth, and everyone has an opinion on what they think is best for you.

*pssst. spoiler alert.*

only you know what is best for you, or you WILL know, if you follow these ten tips for an empowering birth experience.

Lauren Russo | [www.fairfaxbirthcare.com](http://www.fairfaxbirthcare.com)



# 10 tips for an empowering birth

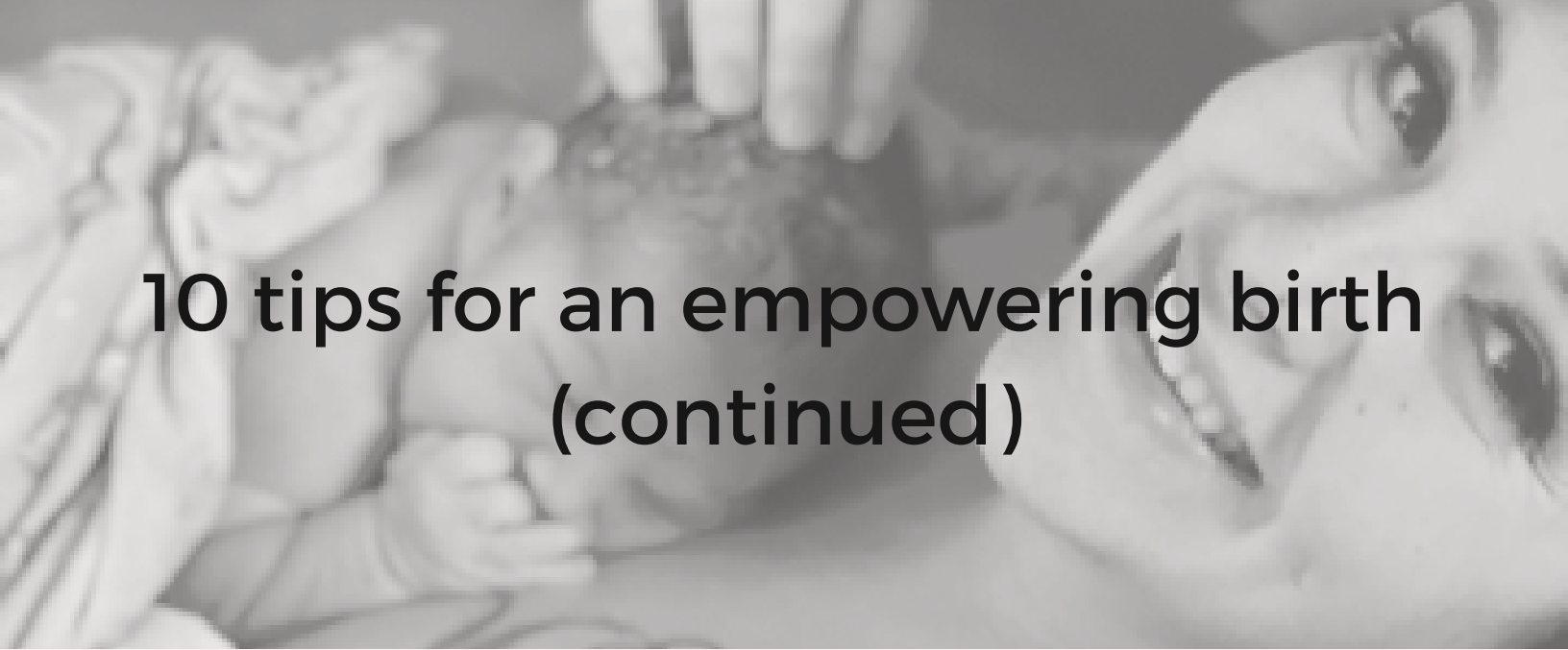
1. **learn the difference between midwives and OBs** | establishing care with a provider who specializes in the birth you envision means there is less risk of interventions and cesarean sections
2. **take a childbirth education class** | if you don't know your options, you don't have any. an out-of-hospital, comprehensive class can prepare you for the many turns your birthing may take
3. **hire a birth doula** | birth doulas are proven to reduce risk of cesareans, epidurals, and medical inductions, and are linked to shorter births, higher APGAR scores, and greater birth satisfaction
4. **make a birth plan** | an organized way of navigating all of your options and clearly communicating them to your birth team as you may not be able to communicate them as effectively while in labor





## 10 tips for an empowering birth (continued)

5. keep the oxytocin flowing | the love hormone! it got you into this situation and it will get you out! keep the lights dim, your mind relaxed, and feelings of peace, love, and security alive
6. be on the same page as your partner | partners want to help, but often need guidance. they should know your birth plan and your "why" so they can communicate for you when you feel unable to. this is a great reason to hire a doula too - to support your partner!
7. facilitate open communication with your provider | feelings of emotional safety and feeling seen and heard are essential to coping well through labor. you should feel safe to ask any and all questions, to ask for privacy, and ask for time to make decisions with your provider



# 10 tips for an empowering birth (continued)

8. **set boundaries with loved ones** | grand babies, nieces/nephews are all so exciting, and your desire to share with your family is so normal! consider who you will share the big news with immediately, and who can wait until you are home and settled. those first few days are moments you will never get back as you get to know your newest family member
9. **stay home as long as possible** | research indicates that labor progresses at a smoother and more consistent pace when mothers labor in their familiar environment. this also reduces the likelihood of the cascade of interventions, labor augmentation, and pharmacological pain relief
10. **stay flexible** | your birth may take an unexpected turn. this is why it is critical to know your options, be able to consult with your doula, and make informed decisions with your care provider. informed consent reduces the risk of birth trauma

are you pregnant and ready  
to birth your baby with  
calmness and confidence?

do you desire to step into  
motherhood feeling  
competent and thriving  
during postpartum?

whether it's your first baby or your fifth,  
I'm here to guide and support you.  
motherhood wasn't designed to do alone.

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# client praise

Lauren has found a way to take the mystery out of childbirth and create confident and prepared parents. Every class created conversation for me and my husband and we were able to share our new knowledge with our parents and close circle that would be helping us. I credit my family's knowledge and confidence to Lauren and her wonderful teaching style. She has really changed this experience for me.

*Leighanne*

Lauren's childbirth education class should be required material. I had no clue what I didn't know before her class and I felt informed to make decisions about our birth plan. The knowledge we gained was so calming and reassuring during our birth.

*Alex*

From start to finish I was able to recall information that rooted me into my 'why' for my unmedicated hospital birth. My husband and I were able to advocate for our experience because we knew our options and knew what we really wanted. Lauren was a huge reason that our birthing experience was so incredible. Take her class! You will NOT regret it.

*Kristiana*

I had a very uneventful pregnancy but our son's birth was the opposite. Because of Lauren, we had good knowledge of the issues at hand. More importantly, we felt empowered and equipped to ask questions and have a conversation with our care team about what was going on versus just accepting what they said/suggested. Our midwife even said at multiple appointments that she was impressed with our knowledge, to me that says it

all!  
*Amanda*

I know without a doubt that our experience would have been vastly different had we not hired Lauren and taken her classes. She was able to turn something that I had always feared into one of the best and most empowering experiences of my life!

*Lauren*

If you want to feel cared for, educated, empowered, and be lead to TRUST your body, you need Lauren!

*Lea*