



VBAC

Vaginal birth After Ceasearan



*Rebirthing
with Emily*

Congratulations on your pregnancy ♥

Pregnancy is overwhelming, emotional but also beautiful. So its no wonder planning a VBAC can seem like a lot to process as there is lots of things to consider.

I hope this information pack helps to answer some of your questions, relieve some of your fears or doubts and create a strong understanding to help you make the right decision.

In the pages that follow I am going to outline:

- Resources and groups available to you
- Risks and benefits
- Top tips for Birthing preparation

TIPS FOR PLANNING A VBAC

Having a supportive team

Is one of the most important things in planning a VBAC. Having the physical and emotional support plus validation you need will help you have a positive birth experience. No matter what hospital you are birthing at, they will have policies in place for VBACS and it's important to find out what they are.

Your care providers will either be VBAC Tolerant or VBAC supportive, It's important to find this out early in pregnancy.

I recommend finding out what their VBAC rate is at the hospital.

Here are some examples of questions to find out if your care provider is VBAC supportive.

1. How do you feel about VBAC?
2. What is your policy on going past 40 weeks?
3. How many VBACS have you attended?
4. What are their policies and procedures for VBAC mums?
5. Are their policies and procedures different for VBAC mums?
6. Under what circumstance would you recommend induction?
7. What induction methods do they use?
8. What is their cesarean rate?
9. What are their recommended birthing positions?
10. What are their views on a big baby?

Having a Doula

Considering working with a doula will ensure you have somebody in your birth team that believes in your bodies ability to birth.

A doula can be a wonderful addition to your birth team and provides you with continuity of care and providing you with reassurance and comfort during labour and birth.

Doulas have extensive knowledge on childbirth and can help you prepare for birth mentally and physically.



Prepare your Birth Plan

Having your wishes documented on your file is important because it has more power then verbally expressing them and shows your birth team you are serious about your wishes for your birth.

Discuss your birth plan with your care providers and take extra copies to the hospital so everybody in the room understands what you want.

In 2010 national institute of health (NIH) VBAC conference concluded that “ Vaginal birth after caesarean is a safe, reasonable and appropriate option for most women.

Uterine rupture is the most common fear for vaginal birth after caesarean. But it is important to remember that the data consistently shows a uterine rupture rate of 0.4% to 1 % so it is important to recognise that 99.5% of women will not have a uterine rupture, and a uterine rupture is extremely rare.

It's important to remember that all modes of birth have risks. VBACS has risks and so does elective caesareans, so it is a matter of choosing what risks are acceptable to you.



Shorter
hospital Stay

Avoid major
abdominal
surgery

Easier and
faster
recovery


Benefits of a VBAC

Lower risk in
future
Pregnancies

Enhanced
mother - baby
bonding

Improved
rates of
breastfeeding

Hormonal
high and
emotionally
healing



Preparation for your VBAC

There are so many tools and techniques that you can incorporate into your prenatal care to get your mind and your body ready for a VBAC

Getting your body ready

Visiting a *Bowen Therapist* or *Chiropractor* for alignment of the pelvis and the positing of the baby Practice *OMP (Optimal Maternal positioning)* to create space within the pelvis.

Help your baby get into position for birth by practicing spinning babies. This also helps support a natural childbirth,.

Understanding the physiology of Birth

Dr Sarah Buckley wrote a fantastic article on the hormones during birth

Click [here](#)

Dr Rachel Reed also has an amazing online course going into depth about the physiology of birth

[Click here](#)

Getting into the right mindset

Completing a childbirth education course can help you have a deep understanding, Hypnobirthing is great for visualisations and relaxation techniques.

Birth Trauma

During a National VBAC survey in 2020 Dr Hazel Keedle found that over two thirds (69%) of women experienced birth trauma.

If a women feels a birth was traumatic, then it was and this can be a heavy burden for them to carry for years to come.

The way a women is treated during her labour and birth does have a impact and will effect her postpartum experience.

Many Women don't seek out help because they are made to feel that they had a successful birth because “at Least you have a healthy baby”. This can cause feelings of shame and invalidation for the mother.

Research has shown that debriefing 72 hours after birth and then again 4-6 weeks after birth can have a high level of healing and a therapeutic affect for women and their future births. Debriefing allows the women to dissect her experience And have a voice but also can help identify if they need to seek more professional help.

Your baby and your birth is unique to You, your previous birth/s has nothing todo with this baby and this birth.

RESET. REBOOT & REGENERATE a new birth story.

Use Your Brain



B

Benefits - What are the benefits of the next step?



R

Risks- What are the risks of the next step?




A

Alternative - Are there Any?



I

Instincts & Intuition - What are your instincts and intuition telling you?



N

Nothing - What happens if I do nothing?

Additional Resources

Blogs

[10 Tips to plan a healing VBAC by Vicki hobbs](#)

[9 Important things - Baby Belly](#)

[Amazing Success Rates- Baby Belly](#)

Groups

[VBAC Australia Support Group](#)

[Lockyer Valley mums](#)

[Mothers of the Somerset Region](#)

Research

[RANZCOG VBAC Guidelines](#)

[Dr Rachel Reed - Midwife Thinking](#)

[The Evidence on VBAC](#)

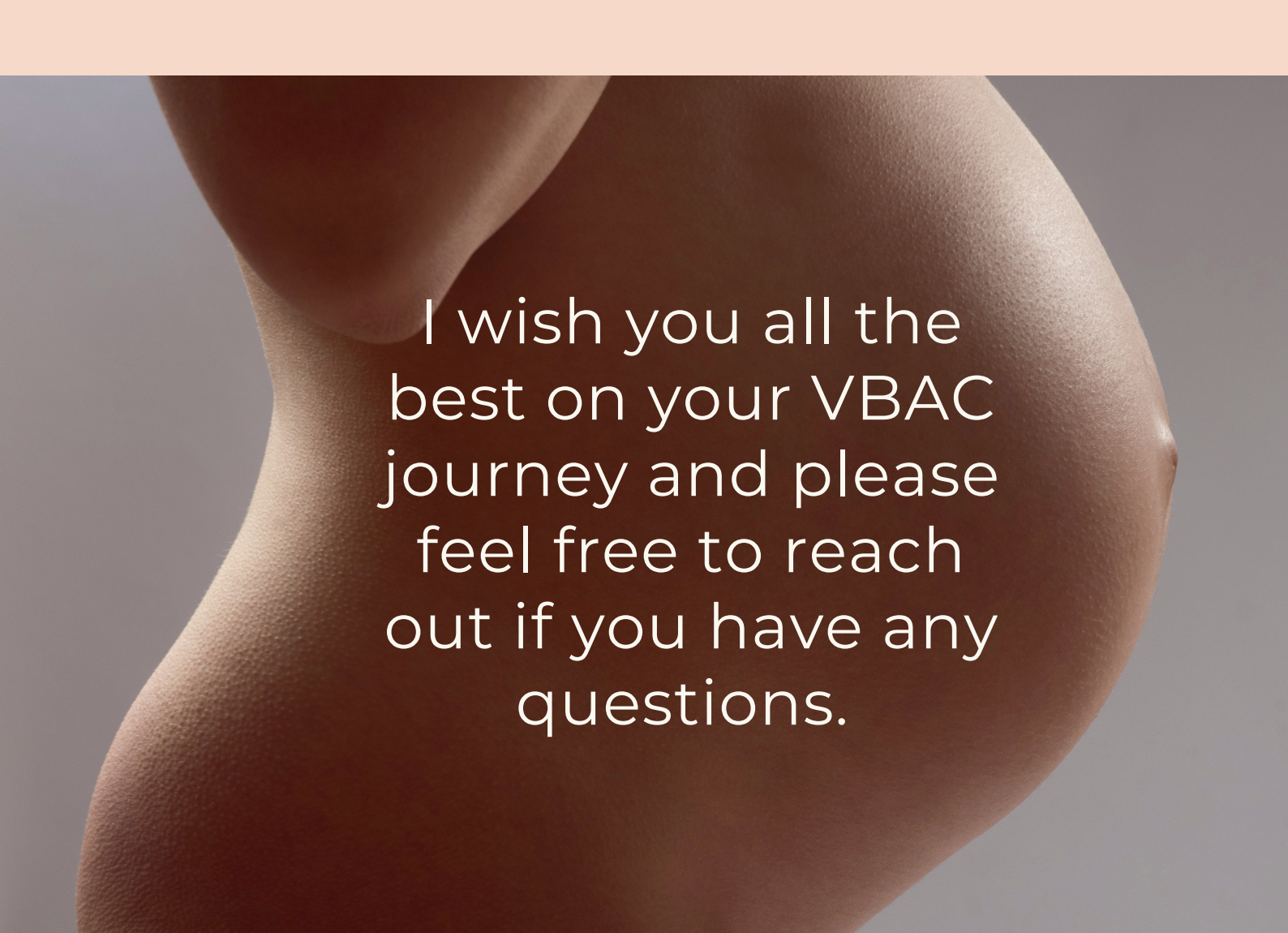
[Analysis of Women in Australia who Planned VBAC](#)

Books

- Vaginal birth after Caesarean:
- The VBAC handbook
- Baby got VBAC
- Birth After Caesarean - Your Journey to a better birth

Podcasts

- VBAC Birth Stories
- Australian Birth stories
- The Great Birth Rebellion



I wish you all the best on your VBAC journey and please feel free to reach out if you have any questions.

Rebirthing With Emily

Please Reach out to me if you have any questions or for further support.

Email me at info@rebirthingwithemily.com.au Or head over to my website or socials

<http://www.rebirthingwithemily.com.au/>

<https://www.facebook.com/rebirthing.with.emily>

http://www.instagram.com/rebirthingwithemily_