

Into the Know Informed Birthing & Assisted Vaginal Births

Brought To You By the Australasian Birth Trauma Association

Information about assisted vaginal births

About ThinkNatal™

THINKNATAL™ is a series of educational resources aimed at providing support and information on a variety of topics that are often excluded or underrepresented in existing antenatal education. This is in collaboration with parents and a range of clinicians involved in maternity care, such as midwives, obstetricians, pelvic health physiotherapists and mental health clinicians. 1 in 4 Australian mothers will require an assisted delivery. An assisted vaginal birth is when your doctor uses a vacuum cup or forceps to help your baby be born quickly or improve the chances of you having a vaginal birth.

We have identified the need for more birthing parents to have improved access to information on this type of birth and created a new THINKNATAL™ resource:

Into the Know - Informed Birthing & Assisted Vaginal Births

Resources include: Explanatory video in easy english, a poster and a discussion guide, allowing you to have guided conversations with your health professionals.

Every maternity unit and health professional has differences in their practices, so when preparing yourself for birth and presenting in labour, it is important to discuss how common assisted vaginal deliveries are in your hospital or health service, in what situations would your health care team consider using a vacuum or forceps and what you and your health care team can do to reduce the risk complications for you and your baby.

LABOUR IN PROGRESS → EXTRA HELP → It's a BOY! / It's a GIRL!

ASSISTED VAGINAL BIRTHS (FAIRLY COMMON) = 1 in 5 vaginal births = ASSISTED

We use special tools to support a baby's arrival

I need extra help! **IF**

A VACUUM CUP... ... placed on your baby's head, to encourage them through the birth canal.

FORCEPS... ... tools shaped like large spoons or tongs - which curve around your baby's head, to help them birth.

ASSISTED BIRTH! WHAT'S THAT??

25% of births

CHECKLIST

- Your cervix is fully dilated
- Your baby is low enough in the birth canal
- There is enough pain relief available

We may need to consider an assisted birth-

ASSISTED BIRTH (HOSPITAL)

An assisted birth may be necessary...

- A LARGE BABY
- IF THE BABY IS LYING IN AN UNUSUAL POSITION
- IF THERE ARE CONCERNS ABOUT THE BABY DURING LABOUR
- A MOTHER NEEDS HELP PUSHING HER BABY OUT

DISCUSS DOCTOR Best Approach PLAN QUICK CONVERSATION

Birth Trauma 30%-50% FIRST TIME MOTHERS Pelvic Floor Weakness & Damage

SITUATION VACUUM CUP FORCEPS

Find out CHOOSE A MORE INFORMED BIRTH.

Accessing Resources

To find our ThinkNatal™ resources visit our website.

birthtrauma.org.au/thinknatal

Information shared is designed to support, not replace, the relationship that exists between you and your health professional/s. To find more resources, support and guidance visit our website or email us on support@birthtrauma.org.au. ABTA0026. Illustration by Guy Downes©. The ABTA is a Registered Charity, ABN: 14614751343.