Unassisted Birth

LRC is all about reflecting, respecting, and connecting through conversations. It’s New Beginnings hope that through these conversations we can grow as a community of doulas and bring that growth to our local communities as well.

*Introductions*

Ask each party to take a minute to state their name and where they are from and their favorite thing about summer

*Conversation Agreements*

* **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others’ experiences have shaped their values and perspectives.
* **Show respect and suspend judgment.** People tend to judge one another. Setting judgement aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.
* **Note any common ground as well as any differences.** Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.
* **Be authentic and welcome that from others.** Share what’s important to you. Speak from your experience. Be considerate of others who are doing the same.
* **Be purposeful and to the point.** Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.
* **Own and guide the conversation.** Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the “time out” sign if you feel the agreements are not being honored.

*Round one*

What are some of your hopes and concerns surrounding your local doula community?

*Round Two (I’ll ask a volunteer to read this aloud)*

“According to [The American College of Obstetrics and Gynecology (ACOG)](https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/04/planned-home-birth), approximately 35,000 births occur at home each year, and of those, approximately one-fourth are unplanned or unattended.” The reasons vary from a distrust in medical staff, to a pregnant person not having adequate access to medical insurance to pay for their birth, and even spiritual reasons. The wanted outcome is however always the same: “For the pregnant person to guide the birthing and delivery processes themselves, however they see fit.”

* What do you see as the cost versus the benefits of unassisted birthing?
* Has there been any instance where you have either attended or been requested at an unassisted birth and how did it make you feel?
* When participating (even potentially) in an unassisted birth, what do you see as the balance between the individual, the doula, and the legalities?
* Going forward what do you hope to see in the birthwork community regarding unassisted birth?

*Round Three*

What is the most meaningful take away for you, from this conversation?

Has this conversation changed how you may view those seeking an unassisted birth?

Is there a next step that you are interested in taking based on this conversation?

Resources:

<https://www.healthline.com/health/pregnancy/unassisted-birth#why-people-choose-it>

<https://evidencebasedbirth.com/ebb-110-inside-an-unplanned-unassisted-home-birth-with-parent-sabrina-tran/>

<https://www.trainingdoulas.com/general/doula-support-during-unassisted-childbirth/>

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/04/planned-home-birth>