

Birth Principles Workbook: A Soulful Alternative to a Birth Plan

Written by Joul e a l

ri a S pte ber : a t p at W ou a Jafua

Birth Principles Workbook: A Soulful Alternative to a Birth Plan

Written by Jessie Harrold, C.D.

Friday, 01 September 2017 08:47 - Last Updated Wednesday, 23 January 2019 10:17

2 Rigidity and inflexibility can be detrimental.

Being hell-bent on having your birth go a certain way plays some risky odds. Because birth is unpredictable, the odds of everything going according to plan are not always in your favor. Sometimes it's easy to go with the flow when things go differently than you'd expected—maybe you had conjured images of yourself slow dancing with your partner to cope with contractions, but that particular technique didn't end up working for you. That's probably no big deal. But being completely devoted to the idea of birthing at home in the water, or getting an epidural as soon as you arrive at the hospital so you feel no pain, can lead to discord, disappointment, or even trauma if things don't go as planned.

(Note: I believe that, as a society and as a culture, we have a long way to go before we truly take back birth. I also believe that there are a multitude of historical and sociocultural influences on what birth has become, as we know it currently. It is crucially important for women and birth workers to speak out against practices that are potentially unnecessary, and rooted in misogyny and the medicalization of birth. So, when I say that rigidity and inflexibility can be detrimental, I respect that a woman may feel she has limited or undesirable options to consider as a result of the culture and system within which she is birthing, but suggest that she find ways to hold her power and work within a system that is, unfortunately, not going to change overnight, rather than expect to reverse a culture that is too insidious and staid than any one person during any one birth can possibly alter.)

3. Most women's true desires for their births are deeper than outlets.

I have found that, ultimately, no matter what the individual decisions a woman makes about how she wants to birth, most of those desires and decisions are more deeply rooted in how she

Birth Principles Workbook: A Soulful Alternative to a Birth Plan

Written by Jessie Harrold, C.D.

Birth Principles Workbook: A Soulful Alternative to a Birth Plan

Written by Jessie Harrold, C.D.

Friday, 01 September 2017 08:47 - Last Updated Wednesday, 23 January 2019 10:17

yourself and get to know it well. This includes knowing the situations that have brought your strength to the fore, what your strength looks like, and how to call upon it when you need it.

-

What three character strengths do you have that will serve you well during birth?

-

Birth Principles Workbook: A Soulful Alternative to a Birth Plan

Written by Jessie Harrold, C.D.

Friday, 01 September 2017 08:47 - Last Updated Wednesday, 23 January 2019 10:17

Your Birth Principles

You've thought about how you want to feel during your birth. You've visualized the setting and surroundings in which you want to birth, explored how to strongly step into the unknown, delved into your strengths and how you can stand in your power, and you've uncovered your core beliefs. You've spent this time in a place beyond the individual choices and outcomes you desire for your birth, and you are ready to take what you've found and channel it into a few key

Birth Principles Workbook: A Soulful Alternative to a Birth Plan

Written by Jessie Harrold, C.D.

Friday, 01 September 2017 08:47 - Last Updated Wednesday, 23 January 2019 10:17

Birth Principles Workbook: A Soulful Alternative to a Birth Plan

Written by Jessie Harrold, C.D.

Friday, 01 September 2017 08:47 - Last Updated Wednes

3 January 2019 10:17