



Janine Smith

WORKING WITH PARENTS SINCE 2002

Labour & Birth Interventions

Augmenting labour, continuous monitoring of your baby's heartbeat, caesareans and assisted deliveries can be part of labour and birth – it is important for you to gather information, to be involved in any decisions, to ask questions and to stay as calm as possible. Here's some questions to ask...

1. Is it an emergency or is there time to talk?

What are the options? Is there anything you can do? Is there anything we haven't tried?

2. What needs to happen next and why is it needed?

What are the **B**enefits?

Are there any **R**isks?

Are there any **A**lternatives?

What if we do **N**othing?

3. If I am ok and my baby is ok, is there any rush?

Please talk me through the options.

4. Ask yourself, what do I need?

Notes, Ideas & Questions

If you have any questions about preparing for the birth of your baby, if you are feeling anxious and in need of more in-depth information, support and reassurance, please don't hesitate to get in touch with me for 1:1 sessions, email/phone support.

Written by Janine Smith – a specialist in pregnancy, birth and early parenting