Theme

This program encourages parents-to-be to educate themselves in order to become active participants in the birthing process. Live action birth sequences place viewers in the delivery room for all the emotional impact and medical procedures of three prepared childbirths and a cesarean-section.

Before Showing the Program

The facilitator should prepare the viewers by telling them that they are going to see four different types of childbirth and that the visuals are somewhat graphic. Ask them to make notes of any questions that occur to them as they view the program.

Synopsis

The arrival of every infant into the world is truly a miracle of birth. Each birth follows an expected and predictable sequence that allows the couple to prepare for the event and to take into account different circumstances that may alter the course of both labor and delivery.

Through this program, the viewer is present at four actual births: two prepared (natural) deliveries with epidural anesthesia, one cesarean-section, and one natural childbirth without the use of anesthesia. The parents’ choice of a birthing room or standard delivery room is covered, as are several intervention techniques, such as the use of labor-inducing medication, amnioinfusion, and the provision of oxygen to aid the mother and infant during labor.

Of the three women planning a natural childbirth, one has already had a baby by cesarean-section; another, who plans to give birth without anesthesia, has successfully delivered three babies this way with coaching from her husband. These women and their infants are closely monitored through dilation, or first stage labor. The second stage of labor follows a different course for each of them. One needs an episiotomy; vaginal delivery for another requires the use of forceps, while the woman giving birth without anesthesia needs “just three pushes” and her daughter is born.

The cesarean delivery of one infant is covered from the first incision to the suturing of the mother’s uterus and abdomen.

In each case, the cutting of the umbilical cord and delivery of the placenta are covered, along with the post-delivery care of the new baby. The program documents the emotional impact of the birthing process and shows couples how education and preparation can turn them into active participants in the birth of their baby.

Key Points

• The numerous options now available in maternity care can provide intensive medical intervention when needed, and still allow parents to be active participants in the birth process

• The more that parents-to-be learn about what to anticipate, the easier it will be to adapt to changes and make decisions as labor progresses

• The husband can participate in a real way in the birth process by coaching his wife during labor

• A hospital’s Newborn Intensive Care Resuscitation Team can quickly step in if a newborn requires additional help

Questions to ask after viewing

1. If appropriate, ask parents-to-be in the audience if they have any concerns about what they saw as it relates to their pregnancy.

2. Reinforce the joys of parenthood by mentioning how happy all of the new parents were to be with their babies.

3. Ask the audience if they have any questions in general about the four different births they saw.

4. Discuss with nursing students, or other medical personnel in the audience, the medical procedures used in each birthing process. Are these procedures with which they have already assisted? Are there any details of any procedure they wish to review, or to learn more about?
Miracle of Birth, 3rd Edition

Objective

To show prospective parents, health education students, nursing students, and medical staff the different types of childbirth so they can make choices as to the type of childbirth they wish to have or in the case of professionals, be able to assist with.