



Your Birth Plan

Take time around week 36 to explore your thoughts and feelings about just how you want your birth to go. Here are some questions to get you started...

- Who do you want to be with you during labour?
- Would you consider an epidural?
- What position would you like to give birth in?
- Would you want foetal monitoring to be part of the process?
- If it was necessary, would you have a c-section?
- What are your views on episiotomy, which is when a cut is made to make it easier for the baby's head to emerge?
- Would you approve forceps or a suction cap in the event of a prolonged delivery?
- Who will cut the cord?
- Do you want to handle your baby immediately, or have the new arrival checked first?
- What do you want done with the placenta?

There's more to consider than this even – we just want to make you aware that you'll be making some choices, and doing so ahead of time makes life easier.



Get in touch

Unit 8D, 331 Rosedale Road, Albany

09 909 9097

www.beginnings.co.nz

hello@beginnings.co.nz



Important Information for your Pregnancy



What to Expect

No two experiences of pregnancy are alike, and we do everything possible to respond to your individual wants and needs. Whatever your situation, we'll have encountered something very similar before, and we're here to help. Don't hesitate to ask anything!

First Trimester

We normally get to know mothers at around week 8 or 9. At that first meeting, we'll ask about your general medical history, and listen to what's important to you. It's typical to do a few blood screens, and we'll do what we can to support you with dietary and other advice around this time, when morning sickness and tiredness are common.

Second Trimester

It's likely you'll be aware of a bump from about 12-14. There are more screening options at this stage of your pregnancy. Some of them are to check that the baby's heart and other organs are developing as we expect, along with the spine. And at around 26 weeks we can check for diabetes and some other conditions too.

Third Trimester

We tend to see a lot more of our mothers from week 36. Babies are more mobile during this period as they prepare to meet the world. For some women, an induced birth or c-section can prove the best option, and that's something we'll discuss with you to ensure we put baby first.



Your Birth Experience

There is no occasion like giving birth for making you and all around you appreciate the miracle of life. We aim to give you the best possible experience – while acknowledging the reality that babies have a way of turning up to suit their own needs, and not any schedules we may have made on their behalf!

Most of the time pregnancies run smoothly, but unfortunately that's not always the case. At Beginnings, we figure why introduce an obstetrician into the situation only if the mother is not at her best, when getting to know one ahead of time allows for people to understand one another before it's a necessity.

A midwife and obstetrician working together ensures you receive the best possible pre-natal, birth and post-natal care available to you and your little one.

This trusted partnership offers the best of both worlds for minimal cost to you.

Is TotalCare for you?

If you are first time mum, are over 35, or have reason to believe you may face a problematic pregnancy, **TotalCare** may be the best option for you.

Reasons to Opt for TotalCare

- First time Mum or Over 35 years old
- IVF/Fertility issues
- Medical issues prior to pregnancy
- Early pregnancy problems
- Family Obstetric problems
- Previous difficult Obstetric history
- Expecting twins
- Fearful of hospital system
- Wanting personalised Specialist care

We don't have a fixed point of view, and want you to have all the information available to make an informed decision. **Book a Free Meet & Greet** with one of our Specialists to discuss your care options, today.

