

# Are Your Birth Classes Mother-Friendly?

Barbara A. Hotelling, BSN, LCCE, FACCE, CD(DONA)

Are you up-to-date with the latest research? Does the information you provide your classes empower them to make informed decisions about their care and the care of their babies? Following is a list of questions based on the user-friendly version of the Mother-Friendly Childbirth Initiative, *Having A Baby? Ten Questions To Ask*.

## 1. Who can be with me during labor and birth? Do you—

- invite the mother to decide whom she wants to have with her during the birth, including fathers, partners, children, other family members, or friends?..... Y/N
- inform your classes of the availability of midwives?..... Y/N
- inform your clients of the availability of doulas?..... Y/N
- provide referral sources for midwives and doulas?..... Y/N

## 2. What happens during a normal labor and birth in your setting? Do you—

- provide evidence-based information about interventions? Y/N
- offer information about and class time for developing birth plans?..... Y/N
- teach parents how to ask questions of the medical staff? Y/N
- encourage the mother to find out how often certain procedures are done in her birth setting?..... Y/N
- provide information on mother-friendly birth sites?..... Y/N
- offer information about vaginal birth after cesarean(s)?.. Y/N

## 3. How do you allow for differences in culture and beliefs? Do you—

- inquire about the mother's cultural preferences for her birth?..... Y/N
- encourage the mother to personalize her birth plan with respect to cultural variations?..... Y/N
- increase your knowledge in cultural variations of birth by reading, attending conferences, etc.?..... Y/N
- help the mother educate her care providers about her cultural preferences?..... Y/N
- provide learning techniques appropriate for different learning styles?..... Y/N
- offer translators, extra help, language-appropriate handouts, etc. for mothers who do not communicate effectively in your language?..... Y/N

## 4. Can I walk and move around during labor? What position do you suggest for birth? Do you—

- educate women about their choices in positions for labor and birth?..... Y/N
- incorporate physical practice of positions with other comfort measures and breathing techniques?..... Y/N
- encourage the mother and her care provider to discuss the mother's preferred positions?..... Y/N

## 5. How do you make sure everything goes smoothly when my nurse, doctor, midwife or agency need to work with each other? Do you—

- encourage the mother to seek appropriate resources for care, prenatally and postnatally?..... Y/N
- offer a list of community resources?..... Y/N
- help the mother find out if there is a specific plan for communication among her caregivers?..... Y/N

## 6. What things do you normally do to a woman in labor? Do you—

- teach practices and procedures which are supported by scientific evidence?..... Y/N
- give the mother resources for finding research to support her desires in labor, birth, postpartum and parenting?..... Y/N
- encourage the mother in birth planning..... Y/N

## 7. How do you help mothers stay as comfortable as they can be? Besides drugs, how do you help mothers relieve the pain of labor? Do you—

- educate the mother in non-pharmacological methods of pain relief?..... Y/N
- educate the mother about the risks and benefits of pharmacological methods of pain relief?..... Y/N
- educate the mother in ways to communicate her preferences for pain relief?..... Y/N
- respect the mother's preferences in comfort measures?... Y/N

## 8. What if my baby is born early or has special problems? Do you—

- cover unusual circumstances in class materials, discussion? Y/N
- offer the mother information that encourages touching, holding, breastfeeding, and caring for her baby as much as she can?..... Y/N

## 9. Do you circumcise baby boys? Do you—

- provide evidence-based information on circumcision?..... Y/N
- educate the mother in the care of the intact penis?..... Y/N

## 10. How do you help mothers who want to breastfeed? Do you—

- educate the mother in the benefits of breastfeeding and breastfeeding techniques?..... Y/N
- encourage the mother to start breastfeeding within 1 hour after birth?..... Y/N
- encourage the mother to ask for non-separation from her baby after birth?..... Y/N
- teach methods for promoting milk production if the mother and baby have to be separated?..... Y/N
- offer information on the risks of supplemental feeding with artificial milk?..... Y/N
- encourage the mother to seek the option of rooming-in?.. Y/N
- educate the mother in demand versus scheduled feedings? Y/N
- encourage the mother to ask for a written policy on breastfeeding at the site she has chosen for birth?..... Y/N
- encourage the formation of breastfeeding support groups and give resources for existing ones?..... Y/N
- provide resources for postpartum support services which are baby-friendly?..... Y/N
- educate yourself in updated information on breastfeeding? Y/N

### For more information, contact:

Rae Davies, Executive Director  
PO Box 2346  
Ponte Vedra Beach, FL 32004

cimshome@mediaone.net  
toll free: 888.282.CIMS  
fax: 904.285.2120  
www.motherfriendly.org



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