

The 5 Simple Steps to Planning a Victorious VBAC

1

FIND YOUR VOICE

The first step to planning a VBAC is to find your voice. What does that mean? It means the ability to decide what is right for you and then comfortably stand in that decision, regardless of how your mom, sister, or the PTA president feels about it. If you currently need everyone's approval, then you may find it hard to honor what you want. So rather than going with the flow to keep everything on an even keel, it's time to think about what is important to you and leaning into the power that has always been inside you.

2

KNOW YOU ARE NOT BROKEN

You heard me: No matter how your past birth played out, or how this one does, you are not broken. Here is why: There are so many things that impact how a birth plays out that have nothing to do with your body such as the position of your baby and if you were able to move freely during labor. How your physician or midwife practices also impacts your odds of having a cesarean. Did you know that 50% of all cesareans for failure to progress (FTP) in the United States do not meet the official definition of FTP? [1] That's a lot of unnecessary cesareans from providers not following best practices. Finally, know there is always an element of luck at play in birth. You can do everything "right" and still have a cesarean. It's ok to mourn the birth you wanted, but don't blame yourself. Think of how you would lovingly support your child if they were in your shoes and treat yourself the same way.

3

RECOGNIZE THAT YOU ARE THE CAPTAIN OF THE SHIP

True informed decision making is a three step process. First, your physician or midwife should review the present and future risks and benefits of your options with you in clear, easy to understand language. Then, they should make a recommendation based on your individual circumstances. Finally, you decide what is right for you and your provider should support your informed decision. If your physician or midwife wants to call all the shots, and you want to be more involved with your health care, then that is a mismatch and you should find another provider. It's not enough if your doctor is "nice."

4

SEEK OUT PEOPLE WHO BELIEVE IN YOU

Most people know next to nothing about VBAC and think it's a dangerous "alternative" choice. So find people who either know the facts or simply support you and your right to make your own medical decisions! It's also a good time to decide how you want to deal with the nay-sayers. I recommend saying, "The American College of OB/GYNs supports VBAC and warns about the risks of multiple cesareans. You can go to vbacfacts.com if you want to learn more." It's not your job to educate the world when you are pregnant, so you don't have to carry that burden. I'll set them straight with the facts.

5

FIGURE OUT WHAT YOU WANT

This is where it gets real. Do you want to hire a physician or midwife? Do you want a home, birth center, or hospital birth? Perhaps you already know. Or maybe you want to dive deeper into the evidence to address all the "statistics" you have heard. The big thing to keep in mind is that every option has risks and benefits and there is no "Right Way to Birth," only what is Right For You. You can do this. I believe in you!

Want to boost your VBAC knowledge
so you can increase VBAC access in
your community? [CLICK HERE](https://vbacfacts.com/checklist) to
join our movement!

Ready to plan your VBAC?
[CLICK HERE](#) to learn more about
the evidence so you can avoid common
pitfalls and boost your VBAC odds!