## Refle Is it helpful? Is it k

### Stop saying...

Delayed cord clamping

I'll just take your bloods

Due date

Against medical advice

I'm just going to...

Just don't...

You'll need a consultant to sign off your home birth

Eye rolls I'll see you at 40 weeks for your sweep/book an induction At least you have a healthy baby I'll ask doctor if you can

I'll just give you the injection to stop you bleeding

Let's have a listen in You have to We'll let you Failure to progress

Deliver

You're not in labour

We'll give you until...

That's brave

Get angry with your baby Just hop up on the bed

I'm just going to...

High risk

I'll see you at 40 weeks for your sweep/book an induction

It's for the sake of your baby

Breast is best Incompetent cervix Baby not behaving Due Woman non compliant You'll need a date consultant to sign off your home birth



#### ect...

#### kind? Is it truthful?

#### Start saying...

**Birthed** Feel free to use the space in the room as you wish We recommend that you She gave birth

We can listen in to your baby and the information that we'll get is..., and this will be useful because...

Born Optimal cord clamping It's your decision

**Breast is normal**Baby needs a little help/time
One of the things that we offer is a range of blood tests, which look at xyz

#### Decisions Woman/baby has specific care need

Due month Would it be ok if (then explanation)

Consultants don't sign off home births Women have the right to birth at home and trusts have an obligation to support them

Be kind Be respectful We also recognise the pain from our experience, or injury to ourselves. This matters too



It's not up to doctor

There's no failure, unless it's failure to wait.

Even in the best environments, sometimes birth needs additional help.

# If a woman says she's in labour, she's in labour

You're nearly there - you're doing so well!