

THE PREGNANT WOMAN'S BILL OF RESPONSIBILITIES

Original sourced from Homebirth Australia.

Edited by Clodia Porteous for the Homebirth Network SA.

1. The pregnant woman is responsible for learning about the physical and emotional process of labour, birth and postpartum recovery.
2. The pregnant woman is responsible for learning about good antenatal and birth care so that she may choose the best possible arrangements which suit her individuality and circumstances.
3. The pregnant woman is responsible for learning about her practitioner's methods including evaluation of statistics of past cases and talking with other clients.
4. The pregnant woman is responsible for her own emotional and physical well-being during pregnancy.
5. The pregnant woman is responsible for attending her antenatal appointments and informing her practitioner if she is unable to attend.
6. The pregnant woman is responsible for her own psychological preparation for birth in a society which may be unsupportive or even hostile towards her birthing choices, especially if the pregnancy results in the death of a baby.
7. The pregnant woman is responsible for meeting her practitioner's requirements for preparation for birth.
8. The pregnant woman is responsible for informing the practitioner of any relevant physical, emotional or psychological information which may affect the outcome of her birth. These may include intake of drugs, medications, herbs, allopathic, naturopathic, psychological or alternative therapies and the obstetric, sexual or psychological history of herself or her relations, friends or partners which are affecting her attitude towards birth and parenting.
9. The pregnant woman is responsible for providing a suitable birth place and environment for her newborn.
10. The pregnant woman is responsible for educating and preparing herself for 'unplanned' situations & emergencies which may arise during her birth, including making alternative arrangements such as booking into hospital.
11. The pregnant woman is responsible for making mutually agreed upon birth plans with her practitioner in advance of labour.
12. The pregnant woman is responsible for choosing a suitable support person or persons for her birth and for ensuring they are emotionally and psychologically prepared for their role at her birth.
13. The pregnant woman is responsible for being assertive enough to dispense with any person who is not supporting her during her labour.
14. The pregnant woman is responsible for ensuring her support people can carry out her preferences if she is unable to express them during labour.
15. The pregnant woman is responsible for the psychological and emotional preparation of siblings for the birth.
16. The pregnant woman is responsible for the choosing of individual support people for siblings.
17. The pregnant woman is responsible for acquiring information about breastfeeding and care of the newborn.
18. The pregnant woman is responsible for arranging domestic support for herself and her family during the postnatal period.
19. The pregnant woman is responsible for obtaining information regarding the cost of her care and making arrangements for payment.
20. The pregnant woman is responsible for evaluating the quality of care she has received and making any dissatisfactions she may feel known to her practitioner.