





# Keep Your Power: 9 Reasons Why You Don't Want to Hand Over Your Power in Birth

Written by Debra Pascali-Bonaro

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lifeguards there only when needed, responding with gentle, appropriate, and evidence-based care only when it is needed, instead of responding in fear, overtreating, disturbing, and intervening.

We are learning that the over-medicalization of childbirth is negatively affecting women's ability to give birth and negatively affecting experiences and outcomes. Release your fear, and

The recent World Health Organization recommendations on intrapartum care for a positive childbirth experience along with other incredible reports and initiatives, including the International Childbirth Initiative, which I co-chair are beginning to really shine a light on the need for change. But change does take time.

So, what can you do?

Review the bullet points above and think about their importance for you to be able to open to birth. Birth is intimate and requires the same hormones to flow as when we are opening to orgasm. Things that will disturb your intimacy will disturb you when you are laboring and giving birth to your baby, and can make birth longer and more painful. Talk to your partner about your feelings, hire a doula, and consider taking Pain to Power: A Gentle Birth Labor

