

## Cesarean Birth

Philosophy: care of parents experiencing a cesarean birth should be family-centered rather than surgery centered. In hospitals where family-centered maternity care has been extended to the cesarean birth family, there is no evidence of harm to mother or baby. The experience of cesarean birth, either elective or emergency, provokes anxiety for most women and families. A number of options, however, can be made available to facilitate a family-centered cesarean birth.

- Enable partner/support person to remain with the mother during the physical preparation
- Provide regional anesthesia where possible
- Enable partner/support person to be in the birth room in nonemergency situations
- Enable photos/videos of baby to be taken
- Free the mother's hands from restraint, allowing contact with partner and baby
- Provide opportunity for both parents to interact with baby in birth room and recovery
- Provide opportunity for breastfeeding in birth room and recovery
- If baby must go to nursery for special care, have partner accompany baby and remain with the infant until both are reunited with mother
- Keep mother informed of baby's status in nursery AND reunite family in recovery as soon as possible
- Institute mother/newborn nursing care as soon as possible and do not routinely separate mothers and babies
- Include the family in the teaching or caretaking skills
- Include siblings according to the family's wishes