

*With knowledge
we can make
choices*

Support

Information

Education

Informed Choices

Choices for Childbirth

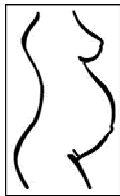
VBAC

(Vaginal Birth After Caesarean)

Positive Caesarean

Knowledge

Empowered Birth



www.birthrites.org

Subscriptions

Please phone if you would like to receive a FREE information pack and find out more about Birthrites.

For \$25Aus you can support Birthrites: Healing After Caesarean Inc. to continue offering education and support about caesarean birth and vaginal birth after caesarean (VBAC). Subscribers will receive our magazine *Birthing Beautifully* as it is produced through the year.

The subscription fee covers printing and postage—we are a not-for-profit organisation.

Birthrites: Healing After Caesarean Inc may be able to help if...

- You would like to talk about your caesarean birth experience
- You are worried about what your next birth experience will be like.

Perth Contacts:

Perth North:

Sarah: 0410 963 795

Heather: (08) 9379 6709

0404 527 110

Perth South:

Rose: (08) 9331 5681

Amber: 0414 930 194

Birthrites: Healing After Caesarean

A Support Group



www.birthrites.org

History

Birthrites: Healing After Caesarean Inc. was started in Dec'1997 by a group of women committed to supporting others who had had or needed to have a caesarean section, whether planned or unplanned, and informing them of their future birth choices and rights.

Since then, Birthrites has grown into a Nationally recognised organisation that provides emotional and physical support networks, and information for all women who have had or will have a caesarean birth.

If you have questions about or would like to talk about

- Your caesarean birth experience
- Your options for birth after a caesarean
- Vaginal Birth After Caesarean VBAC
- Planning a positive caesarean

...then Birthrites can help.

Aims

Birthrites: Healing After Caesarean aims to provide support for women who have had or will have a caesarean, and to increase the awareness of their specific needs to health-carers. Birthrites does this by:

- Providing telephone contacts.
- Facilitate monthly get-togethers for women to meet others who have experienced caesarean section.
- Increasing women's awareness of birth choices through providing a suggested reading list, quarterly magazine, website, email discussion forum and list of local resources
- Increasing public awareness of the rising caesarean rate and providing balanced, evidence based information about VBAC (Vaginal Birth After Caesarean)
- Promoting childbirth as a sacred, normal life event.

Membership to Birthrites is open to anyone with an interest in caesarean birth, or childbirth in general.

Philosophy

Women can become informed enough to make their own birth choices. The decision of whether to have a caesarean birth or a VBAC should be made by the woman, together with her family and care providers.

Women should be supported in their decisions, and nurtured throughout their pregnancy towards a positive outcome for both mother and baby.

Birth needs to be honoured as a sacred but normal life event, leading to empowerment for women and their families.



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