

TEACHING TIP: TEACHING UNEXPECTED OUTCOMES

Submitted by Teri Shilling

Recently, I presented at the Birth International conference in London, and was fortunate to attend a session led by Sherokee Ilse. She shared this teaching tip:

On three different colored cards A, B and C, you should write the following.

- Card A: briefly describe the labor, birth and baby you hope for or expect.
- Card B: briefly describe something that slightly concerns or worries you. What do you think could happen?
- Card C: briefly describe your worst fear. What scares you the most or what have you heard that has happened to someone else that you think was terrible.

Distribute an A, B and C card to each woman and her labor support team. Allow time for each team to discuss and write their responses; then collect the cards. Select cards from the group, open the discussion and affirm the fears as common.

Then, you can discuss what support is available if that fear should become a reality. Acknowledge that sometimes fear empowers us to act, other times it makes us immobile to respond. Openly talking about common fears is empowering to know what to do if confronted with that situation.

For more information on teaching unexpected outcomes, visit www.wintergreenpress.com.