

A close-up photograph of a woman with brown hair, smiling warmly as she holds a baby. The baby is wearing a white knit hat and has its mouth open in a happy expression. The background is a soft, out-of-focus light color. The top of the image features a decorative border of colorful polka dots in shades of purple, blue, and pink.

Resources for VBAC  
and Physiologic Birth

# Deciding if a VBAC is Right for You:

---

A Parent's Guide

Nicette Jukelevics, MA, ICCE  
[www.vbac.com](http://www.vbac.com)



## Resources for VBAC and Physiologic Birth

This list includes the resources mentioned at the end of each of the **Modules** of

### **Deciding If VBAC Is Right For You: A Parent's Guide.**

Here you will find the links to direct you to the corresponding websites.

Six leading maternity care professional associations agree that pregnancy and birth are physiologic processes that usually proceed normally and that most births are normal and require minimal intervention. <sup>1</sup>Supporting physiologic birth results in healthier outcomes for mothers and babies. Resources that support physiologic birth are included here to help parents have a safe and satisfying birth.



## Agency for Healthcare Quality and Research (AHRQ)

### The Share Approach

#### *Information on Making Informed Decisions*

<http://www.ahrq.gov/professionals/education/curriculum-tools/shareddecisionmaking/index.html>

## American Association of Birth Centers

### What is a Birth Center?

[http://www.birthcenters.org/?page=what\\_are\\_birth\\_ctr](http://www.birthcenters.org/?page=what_are_birth_ctr)

### How to Choose a Birth Center

[http://www.birthcenters.org/?page=choose\\_a\\_bc](http://www.birthcenters.org/?page=choose_a_bc)

### VBAC Study: Position Statement

[http://www.birthcenters.org/?page=position\\_statements](http://www.birthcenters.org/?page=position_statements)

## American College of Nurse Midwives

### Normal, Healthy Childbirth for Women and Families: What You Need to Know

<http://ourmomentoftruth.midwife.org/OMOT-Normal-Birth-Document-Feature-Page>

### BirthTOOLS.org

<http://birthtools.org/About-this-Toolkit>

### Share With Women

*A series of educational handouts for parents.*

<http://www.midwife.org/Share-With-Women>

### Choosing Where To Have Your Baby

<http://onlinelibrary.wiley.com/doi/10.1016/j.jmwh.2009.07.001/full>

### Epidural Analgesia

<http://onlinelibrary.wiley.com/doi/10.1016/j.jmwh.2007.02.007/full>

### Preventing Cesarean Birth

<http://onlinelibrary.wiley.com/doi/10.1111/j.1542-2011.2012.00205.x/full>

### Pain During Childbirth

<http://onlinelibrary.wiley.com/doi/10.1016/j.jmwh.2004.08.027/full>

### Using Water for Labor and Birth

<http://onlinelibrary.wiley.com/store/10.1111/jmwh.12188/asset/jmwh12188.pdf?v=1&t=i6jnw90d&s=1e1911fe785e08254fb8fdb436dc37ed4ab0c9e>

### Promoting Skin-to-Skin Contact

<http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12034/full>

### Find a Midwife

<http://www.midwife.org/find-a-midwife>

### Position Statement: Hydrotherapy During Labor and Birth

<http://www.midwife.org/acnm/files/ccLibraryFiles/Filename/000000004048/Hydrotherapy-During-Labor-and-Birth-April-2014.pdf>

## American College of Nurse Midwives, Midwives Alliance of North America, National Association of Certified Professional Midwives

### Normal Healthy Childbirth for Women & Families: What You Need to Know

<http://www.midwife.org/OMOT-Normal-Birth-Document-Feature-Page>



## American College of Obstetricians and Gynecologists

### Vaginal Birth After Previous Cesarean Delivery. Practice Bulletin #115 (2010)

<http://www.acog.org/Resources-And-Publications/Practice-Bulletins/Committee-on-Practice-Bulletins-Obstetrics/Vaginal-Birth-After-Previous-Cesarean-Delivery>

### Committee Opinions

<http://www.acog.org/Resources-And-Publications/Committee-Opinions-List>

### Patient Education Pamphlets

<http://www.acog.org/Patients>

### Vaginal Birth After Cesarean Delivery: Deciding on a Trial of Labor After a Prior Cesarean

<https://www.acog.org/-/media/For%20Patients/faq070.pdf>

### If Your Baby is Breech

<http://www.acog.org/Patients/FAQs/If-Your-Baby-Is-Breech>

## American College of Obstetricians and Gynecologists and Society of Maternal-Fetal Medicine

### Safe Prevention of the Primary Cesarean Delivery

<http://www.acog.org/Resources-And-Publications/Obstetric-Care-Consensus-Series/Safe-Prevention-of-the-Primary-Cesarean-Delivery>

## American Hospital Association

### Patient Care Partnership

<http://www.aha.org/advocacy-issues/communicatingpts/pt-care-partnership.shtml>

## Beck, C. T., Driscoll, J., & Watson, S. (2013). *Traumatic Childbirth*. Abingdon, Oxon: Routledge.

## Becoming Dad

<http://becomingdad.com.au/about/>

## BellyBelly.com.au

### Birth Support: 10 Great Tips That Will Help Her In Labor

<http://www.bellybelly.com.au/birth/ten-tips-on-being-a-great-birth-support-person#.U6tyq6jqKap>

## Big Push for Midwives

<http://pushformidwives.org/>

## Birth by the Numbers

<http://www.birthbythenumbers.org/>

## Birth Facts

<http://www.thebirthfacts.com/site/default.asp>

### Induction of Labor

<http://www.thebirthfacts.com/site/content.asp?id=106>

### Medications and Their Impact on Labor and Birth

<http://www.thebirthfacts.com/site/content.asp?id=105>

### Water Labor and Waterbirth

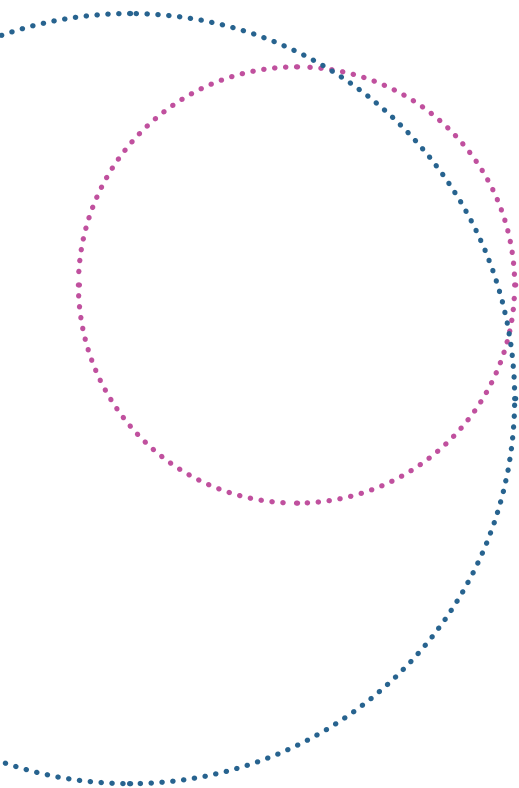
<http://www.thebirthfacts.com/site/content.asp?id=104>

## BirthNetwork National

<http://www.birthnetwork.org/>

## Birth Rights Bar Association

<http://www.birthrightsbar.org/>





## **Birthrights: Healing After Caesarean, Inc., Australia**

<http://www.birthrites.org/>

## **Birthrights: Protecting Human Rights in Childbirth**

<http://www.birthrights.org.uk/>

## **Birth Centers of Color**

<http://www.birthcentersofcolor.org>

## **Birthsource**

### **Back Labor**

<http://www.birthsource.com/scripts/article.asp?articleid=217>

### **Birth Balls**

<http://www.birthsource.com/scripts/article.asp?articleid=199>

### **Dystocia**

<http://www.birthsource.com/scripts/article.asp?articleid=227>

### **Helpful Positions for Labor**

[www.birthsource.com/scripts/article.asp?articleid=437](http://www.birthsource.com/scripts/article.asp?articleid=437)

## **British Columbia, Canada. BC Women's Hospital and Health Center**

### **Best Birth Clinic and Power to Push Campaign**

<http://www.powertopush.ca/info-for-professionals/patient-information-and-forms/>

### **Turning Your Breech Baby: Information and Consent**

<http://www.powertopush.ca/wp-content/uploads/2014/08/ECV-Consent-Form-Mar-2014.pdf>

### **After Your External Cephalic Version**

[http://www.powertopush.ca/wp-content/uploads/2010/05/After-your-ECV\\_final-2014.pdf](http://www.powertopush.ca/wp-content/uploads/2010/05/After-your-ECV_final-2014.pdf)

### **Vaginal Birth After Cesarean and Planned Repeat Cesarean Birth**

<http://www.powertopush.ca/wp-content/uploads/2014/08/VBAC-Book-with-BC-data-REVISED-APRIL-2014.pdf>

### **When Labour Starts**

<http://www.powertopush.ca/wp-content/uploads/2014/08/Early-labour-pamphlet-Mar2014.pdf>

### **Birth After Cesarean: Information on Options**

<http://www.powertopush.ca/wp-content/uploads/2014/08/Birth-after-CS-Info-on-Options-Mar14.pdf>

## **Business of Being Born**

[www.thebusinessofbeingborn.com](http://www.thebusinessofbeingborn.com)

*A documentary film that examines the dysfunctional state of the U.S. maternity care system and its impact on maternal-infant health. By Executive Producer, Riki Lake and filmmaker Abby Epstein.*

## **California Maternal Quality Care Collaborative (CMQCC)**

[https://www.cmqcc.org/white\\_paper](https://www.cmqcc.org/white_paper)

*Maine, E.K., Morton, C.H., Hopkins, D., et al. Cesarean Deliveries, Outcomes, and Opportunities for Change in California: Toward a Public Agenda for Maternity Care Safety and Quality.*

## CARES, Inc.: Cesarean Awareness Recovery Education Support

<http://www.caresinc.org.au/>

## CesareanRates.com

<http://www.cesareanrates.com/>

## Childbirth Connection

<http://www.childbirthconnection.org>

Sakala, C., Corry, M. P., & Milbank Memorial Fund. (2008). *Evidence-Based Maternity Care: What It Is and What It Can Achieve*. New York, NY: Milbank Memorial Fund.

<http://www.childbirthconnection.org/pdfs/evidence-based-maternity-care.pdf>

### The Rights of Childbearing Women. 2004

[http://www.childbirthconnection.org/pdfs/rights\\_childbearing\\_women.pdf](http://www.childbirthconnection.org/pdfs/rights_childbearing_women.pdf)

### What Every Pregnant Woman Needs to Know About Cesarean Section. 2012.

<http://www.childbirthconnection.org/pdfs/cesareanbooklet.pdf>

### Vaginal or Cesarean Birth: What Is at Stake for Women and Babies? (A Best Evidence Review). 2012.

<http://transform.childbirthconnection.org/wp-content/uploads/2013/02/CesareanReport.pdf>

### Cascade of Intervention

<http://www.childbirthconnection.org/article.asp?ck=10182>

### Understanding and Navigating the Maternity Care System: 10 Ways You Can Get Good Maternity Care.

<http://www.childbirthconnection.org/article.asp?ck=10681&ClickedLink=1084&area=27>

### Labor Support: What You Need to Know

<http://www.childbirthconnection.org/article.asp?ClickedLink=257&ck=10178&area=27>

### Choosing a Place of Birth: What You Need to Know

<http://www.childbirthconnection.org/article.asp?ClickedLink=252&ck=10145&area=27>

### Choosing a Caregiver: What You Need to Know

<http://www.childbirthconnection.org/article.asp?ClickedLink=247&ck=10158&area=27>

### Pathway to A Healthy Birth: How to Help Your Hormones Do Their Wonderful Work. 2015.

<http://childbirthconnection.org/pdfs/CC.NPWF.Booklet.Pathway.HealthyBirth.2015.pdf>

### Preventing Pelvic Floor Dysfunction: What You Need to Know. 2011.

<http://www.childbirthconnection.org/article.asp?ClickedLink=281&ck=10206&area=27>

### Resources on Induction of Labor

<http://www.childbirthconnection.org/article.asp?ck=10654&ClickedLink=547&area=27>

### Simkin, P. *Comfort in Labor: How You Can Help Yourself To A Normal Satisfying Childbirth.*

<http://www.childbirthconnection.org/pdfs/comfort-in-labor-simkin.pdf>

### Understanding & Navigating the Maternity Care System

<http://www.childbirthconnection.org/article.asp?ck=10662>

## Childbirth and Postpartum Professional Association (CAPPA)

<http://www.cappa.net/>



## Choices in Childbirth

[www.choicesinchildbirth.com](http://www.choicesinchildbirth.com)

### Your Birth Team

<http://choicesinchildbirth.org/expecting-moms/planning-your-birth/your-birth-team/>

### Declercq G. *Understanding the Research on Home Births*. 2010.

[http://choicesinchildbirth.org/wp-content/uploads/2014/08/2011\\_DECLERCQ\\_Homebirth-Research.pdf](http://choicesinchildbirth.org/wp-content/uploads/2014/08/2011_DECLERCQ_Homebirth-Research.pdf)

### Jukelevics N. *VBC: a Safe Alternative to a Repeat Cesarean*. 2011.

[http://choicesinchildbirth.org/wp-content/uploads/2014/08/2011\\_JUKELEVICS\\_VBAC.pdf](http://choicesinchildbirth.org/wp-content/uploads/2014/08/2011_JUKELEVICS_VBAC.pdf)

### Know Your Legal Rights. 2006.

[http://choicesinchildbirth.org/wp-content/uploads/2014/08/2011\\_Legal-Rights.pdf](http://choicesinchildbirth.org/wp-content/uploads/2014/08/2011_Legal-Rights.pdf)

## Citizens for Midwifery

### The Midwives Model of Care

<http://cfmidwifery.org/mmoc/>

## Coalition for Improving Maternity Services (CIMS)

<http://www.motherfriendly.org/downloads>

### The Mother-Friendly Childbirth Initiative. 1996.

[http://www.motherfriendly.org/Resources/Documents/MFCI\\_english.pdf](http://www.motherfriendly.org/Resources/Documents/MFCI_english.pdf)

### Breastfeeding is Priceless:

### There Is No Substitute for Human Milk. 2009.

<http://www.motherfriendly.org/Resources/Documents/BreastfeedingisPricelessMarch2009.pdf>

### Having A Baby?: 10 Questions to Ask. 2010.

[http://www.motherfriendly.org/resources/documents/having\\_a\\_baby-english-8\\_5x11.pdf](http://www.motherfriendly.org/resources/documents/having_a_baby-english-8_5x11.pdf)

### The Risks of Cesarean Section & Expectant Mother's Checklist

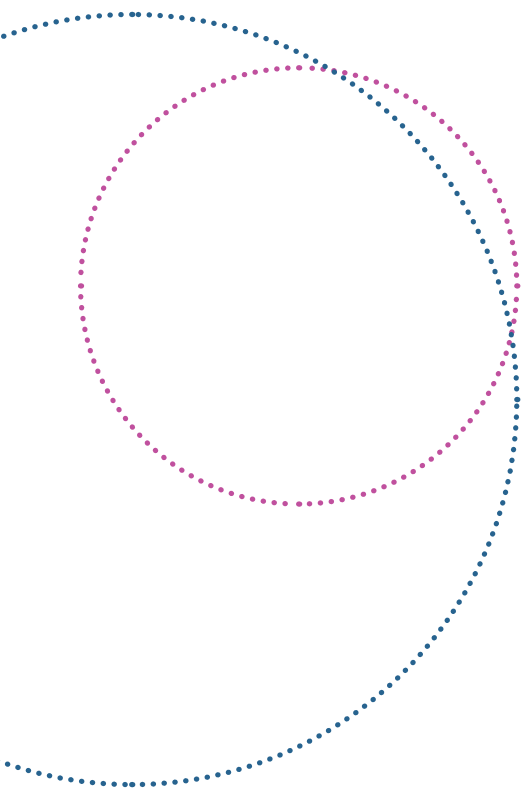
<http://www.motherfriendly.org/Resources/Documents/TheRisksOfCesareanSectionFebruary2010.pdf>

### Hotelling, B. A., & Gordon, H. A. (2014). *How to Become Mother-Friendly: Policies and Procedures for Hospitals, Birth Centers and Home Birth Services*. New York : Springer Publishing.

<http://www.motherfriendly.org/eac>

*A comprehensive guide to implementing the Mother-Friendly Childbirth Initiative, an evidence-based wellness model of maternity care that can improve birth outcomes and substantially reduce costs.*





## Commission for the Accreditation of Birth Centers

### For Parents

<https://www.birthcenteraccreditation.org/project/for-parents/>

## Consumer Reports

### The Risks of C-Sections: What Hospitals Don't Want You To Know

<http://www.consumerreports.org/cro/2014/05/what-hospitals-do-not-want-you-to-know-about-c-sections/index.htm>

## Contra Costa Regional Medical Center (California)

### The Vaginal Birth After Cesarean Improvement Project: Improving Patient Outcomes Through the Creation of a VBAC Bundle

<https://www.youtube.com/watch?v=aZBCY0ntbj0>

## Doulas of North America

### Birth Doula FAQs

[http://www.dona.org/mothers/faqs\\_birth.php](http://www.dona.org/mothers/faqs_birth.php)

## Evidencebasedbirth.com

### Dekker R., *Friedman's Curve and Failure to Progress: A Leading Cause of Unplanned C-sections*. 2013.

<http://evidencebasedbirth.com/friedmans-curve-and-failure-to-progress-a-leading-cause-of-unplanned-c-sections/>

### Dekker R., *What is the Evidence for Induction or C-section for a Big Baby?*. 2012.

<http://evidencebasedbirth.com/evidence-for-induction-or-c-section-for-big-baby/>

### Dekker R., *The Evidence on Waterbirth*. 2014.

<http://evidencebasedbirth.com/waterbirth/>

## Freedom For Birth

<http://www.freedomforbirth.com/>

*A powerful award-winning documentary about denial of human rights in childbirth. By film makers, Toni Harman and Alex Wakeford*

## Goer, H., & Romano, A. (2012). *Optimal Care in Childbirth: The Case for a Physiologic Approach*.

<http://www.optimalcareinchildbirth.com/>

## Human Rights in Childbirth

<http://humanrightsinchildbirth.com/>

### Universal Rights

<http://humanrightsinchildbirth.com/universal-rights/>

### Informed Consent in Childbirth

<http://humanrightsinchildbirth.com/informed-consent-in-childbirth/>





## Informed Medical Decisions Foundation

<http://www.informedmedicaldecisions.org/what-is-shared-decision-making/>

### Making a Shared Decision With Your Provider

<https://www.youtube.com/watch?v=HhSua5vl0io>

### Shared Decision Making (Animated Short)

<https://www.youtube.com/watch?v=XPm5iEDEI8Y&list=PL92C4D5A6B4CD339E>

## Inne-Cesarea (Unnecessary Cesareans) (Spanish Language Website)

<http://www.inne-cesarea.org/>

## Institute of Medicine

### Birth Settings in the U.S.A.

<http://www.iom.edu/-/media/Files/Activity%20Files/Women/BirthSettings/birthsettingsgraphic.jpg>

## International Childbirth Education Association (ICEA)

### Informed Consent Discussion Sheet

<http://www.icea.org/sites/default/files/Informed%20Consent.pdf>

### Pain Medication Self Assessment

<http://www.icea.org/sites/default/files/Pain%20Medication.pdf>

### ICEA Position Paper: Cesarean Childbirth

<http://icea.org/sites/default/files/Cesarean%20Childbirth%20PP-FINAL.pdf>

### ICEA Position Paper: Skin-to-Skin Contact

<http://icea.org/sites/default/files/Skin%20to%20Skin%20Contact%20PP-FINAL.pdf>

### ICEA Position Paper: Physiologic Birth

<http://icea.org/sites/default/files/Physiologic%20Birth%20PP-FINAL.pdf>

### ICEA Position Paper: Role and Scope of Birth Doula Practice

<http://www.icea.org/sites/default/files/Role%20&%20Scope%20of%20Doula%20PP-FINAL.pdf>

## International Cesarean Awareness Network

<http://www.ican-online.org/>

### Barrett J. *Recovering From A Cesarean: Tips on Healing*. 2014.

<http://www.ican-online.org/wp-content/uploads/2014/06/Recovering-From-A-Cesarean-Tips-On-Healing.pdf>

### VBAC Checklist. 2014.

<http://www.ican-online.org/wp-content/uploads/2014/06/VBAC-Checklist.pdf>

### VBAC Policies in U.S. Hospitals

<http://www.ican-online.org/advocacy/>

## Jukelevics, N. (2008). *Understanding the Dangers of Cesarean Birth: Making Informed Decisions*. Praeger.

<http://www.dangersofcesareanbirth.com/>

## KidCARECanada

### Skin-to-Skin Contact

<http://www.kidcarecanada.org/media/skin-skin-contact>

## La Leche League International

### The Breastfeeding Answer Book

[http://www.lli.org/docs/0\\_babupdate/01babupdatefull.pdf](http://www.lli.org/docs/0_babupdate/01babupdatefull.pdf)

## Lamaze International

**Preparing for Vaginal Birth: Pushing Past a Previous Cesarean**

<http://www.lamaze.org/p/cm/ld/fid=155>

**Lamaze Healthy Birth Practices**

<http://www.lamaze.org/HealthyBirthPractices>

**Tips for Becoming a Top-Notch Pregnancy Partner**

<http://www.lamaze.org/p/bl/et/blogid=2&blogaid=132>

**Finding A Healthcare Provider: Making Connections**

<http://www.lamaze.org/FindingAHealthcareProvider>

**Stages of Labor: Labor Day**

<http://www.lamaze.org/StagesOfLabor>

**Labor Positions: The Pros and Cons of 11 Common Labor Positions**

<http://www.lamaze.org/LaborPositions>

**Tips for Finding A Doula: Professional Labor Support**

<http://www.lamaze.org/TipsforFindingADoula>

**Movement in Labor: Maintaining Freedom of Movement**

<http://www.lamaze.org/MovementInLabor>

**Birth Partner Cheat Sheet**

<http://www.lamaze.org/BirthPartnerCheatSheet>

## Giving Birth With Confidence: a Lamaze Blog

**A Woman's Guide to VBAC**

<http://www.givingbirthwithconfidence.org/p/bl/et/blogid=16&blogaid=242>

**Legal Rights and Protection for VBAC: Issues from the NIH Consensus Conference**

<http://www.givingbirthwithconfidence.org/p/bl/et/blogaid=1155>

## The Mama Sherpas

<http://www.thehospitalmidwife.com/>

*A documentary film by Brigid Maher about the many benefits of nurse-midwife and physician collaboration.*

## MedlinePlus

**Patient Rights**

<http://www.nlm.nih.gov/medlineplus/patientrights.html>

**Informed Consent-Adults**

<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000445.htm>

## Tami Michele, DO, FACOOG

**Prenatal Shared Decision-Making for Analgesia and Anesthesia in Labor**

<http://birthtools.org/Prenatal-Shared-Decision-Making-Analgesia-Anesthesia-Labor>

## Microbirth

<http://microbirth.com/>

*A scientific documentary about the protective microscopic events that take place during normal birth that may be compromised in birth by cesarean. By film makers, Toni Harman and Alex Wakeford.*

## Midwives Alliance of North America (MANA)

<http://www.mana.org>



## Mothers' Advocate & Lamaze International

<http://www.mothersadvocate.org/> & <http://www.lamazeinternational.org>

### Healthy Birth Your Way: Six Steps to a Safer Birth. 2009.

[http://www.mothersadvocate.org/pdf/healthybirth\\_booklet.pdf](http://www.mothersadvocate.org/pdf/healthybirth_booklet.pdf)

### Birth Planning Worksheet

<http://www.mothersadvocate.org/pdf/hbyw-BirthPlanningWorksheet.pdf>

### Choosing a Care Provider

<http://www.mothersadvocate.org/pdf/hbyw-ChoosingCaregiver.pdf>

### Changing Your Care Provider

<http://www.mothersadvocate.org/pdf/hbyw-ChangingProviders.pdf>

### Finding a Doula

<http://www.mothersadvocate.org/pdf/hbyw-FindingDoula.pdf>

### Maintaining Freedom Movement

<http://www.mothersadvocate.org/pdf/hbyw-FreedomofMovement.pdf>

### Positions for Labor

<http://www.mothersadvocate.org/pdf/hbyw-PositionsForLabor.pdf>

### Choosing a Childbirth Class

[http://www.mothersadvocate.org/pdf/ma\\_hbyw-ChoosingCBCClass.pdf](http://www.mothersadvocate.org/pdf/ma_hbyw-ChoosingCBCClass.pdf)

### Tips for Labor Support People

<http://www.mothersadvocate.org/pdf/hbyw-SupportTips.pdf>

## Mothers Naturally

<http://mothersnaturally.org/>

### Eugene Declercq: The Truth About C-Sections

[https://www.youtube.com/watch?v=7zDnigbvPvk&feature=c4-overview&list=UUdDARdGkWlTYlT\\_qOzFXXtw](https://www.youtube.com/watch?v=7zDnigbvPvk&feature=c4-overview&list=UUdDARdGkWlTYlT_qOzFXXtw)

## National Association of Certified Professional Midwives

### Normal Healthy Childbirth for Women and Families: What You Need to Know

[http://nacpm.org/documents/NormalBirth\\_ConsumerDocFINAL.pdf](http://nacpm.org/documents/NormalBirth_ConsumerDocFINAL.pdf)

### For Families: Why Choose a Certified Professional Midwife for your Birth

<http://nacpm.org/for-families/>

## National Childbirth Trust, U.K.

### VBAC: Vaginal Birth After Caesarean

<http://www.nct.org.uk/birth/vaginal-birth-after-caesarean-vbac>

### Use of Water Birthing Pools in Labour

<http://www.nct.org.uk/birth/use-water-birth-pools-labour>

### Pain Relief During Labour

<http://www.nct.org.uk/birth/pain-relief-during-labour>

## National Institute for Health and Care Excellence (NICE) (U.K.)

### Induction of Labour

<http://www.nice.org.uk/guidance/cg70>

### Caesarean Section

<http://www.nice.org.uk/guidance/QS32>

## National Institutes of Health (U.S.A.)

### Vaginal Birth After Cesarean: New Insights

<http://consensus.nih.gov/2010/vbacstatement.htm>

## National Women's Health, New Zealand

### Positive Birth After Caesarean Clinic

<http://nationalwomenshealth.adhb.govt.nz/services/maternity/pregnancy-advice/vaginal-birth-after-caesarean>

## North American Registry of Midwives (NARM)

<http://narm.org>

## Northern New England Perinatal Quality Improvement Network (NNEPQIN)

### VBAC Project (3 Documents)

<http://www.nnepqin.org/VBAC.asp>

“NNEPQIN VBAC Patient Education”, “NNEPQIN VBAC Guideline (revised)”, and “NNEPQIN VBAC Consent”.

### Risk: Consequences of a Near-Term Birth

<http://www.nnepqin.org/RISKvideo.asp>

## Orgasmic Birth: The Best-Kept Secret

<http://orgasmicbirth.com/>

*An award-winning feature documentary that examines the intimate and powerful nature of birth and the benefits of midwifery care. By Childbirth Educator, Doula Trainer and Director Debra Pascali-Bonaro.*

## Our Bodies Ourselves

### Vaginal Birth After Cesarean (VBAC) or Repeat Cesarean Section?

<http://www.ourbodiesourselves.org/health-info/vaginal-birth-after-caesarean-vbac-or-repeat-caesarean-section/>

## Postpartum Support International

<http://www.postpartum.net/About-PSI.aspx>

## The Royal College of Midwives (U.K.)

### Campaign for Normal Birth, Positions for Labour and Birth Video Clips

<http://www.rcmnormalbirth.org.uk/practice/positions-in-labour-and-birth/>

### Short Videos on Labor and Birth Positions, Birth Pool, Birth Ball

<http://www.rcmnormalbirth.org.uk/birthing-positions-in-practice/short-videos-for-birthing-positions/>

## Royal College of Obstetricians and Gynaecologists, U.K.

### Birth After Previous Caesarean (Green-top Guideline No. 45)

<https://www.rcog.org.uk/globalassets/documents/guidelines/gtg4511022011.pdf>

### Birth After Previous Caesarean: Information for You (for parents)

<https://www.rcog.org.uk/en/patients/patient-leaflets/birth-after-previous-caesarean/>

### A Breech Baby at the End of Pregnancy: Information for You

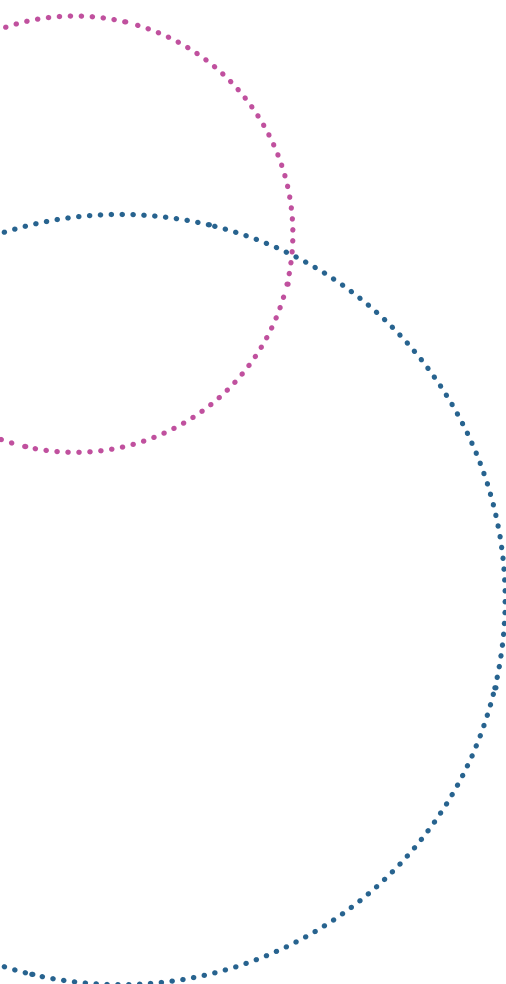
<https://www.rcog.org.uk/en/patients/patient-leaflets/breech-baby-at-the-end-of-pregnancy/>

### Turning a Breech Baby in the Womb (External Cephalic Version): Information for You

<https://www.rcog.org.uk/en/patients/patient-leaflets/turning-a-breech-baby-in-the-womb/>

### Induction of Labour

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/induction-of-labour/>



### **Penny Simkin, PT**

Supporting the Woman with An Epidural  
(Presentations and Slide Decks)

<https://www.pennysimkin.com/articles-resources/>

**Simkin P, Ancheta R. (2011). *The Labor Progress Handbook: Early Intervention to Prevent and Treat Dystocia*. Chichester, West Sussex, UK: Wiley-Blackwell.**

### **Penny Simkin and Phyllis Klaus, authors**

Simkin, P., & Klaus, P. H. (2004). *When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on the Childbearing Woman*. Seattle, Wash: Classic Day.

Self Assessment of Maternal Distress After a Difficult Birth  
(Articles and Handouts)

<https://www.pennysimkin.com/articles-resources/>

Strategies For Specific Triggers of Anxiety During Childbirth  
(Articles and Handouts)

<https://www.pennysimkin.com/articles-resources/>

### **Society of Obstetricians and Gynaecologists of Canada**

Guidelines for Vaginal Birth After Previous Caesarean Birth.

<http://sogc.org/wp-content/uploads/2013/01/155E-CPG-February2005.pdf>

Patient Education

<http://sogc.org/womens-health-information/>

Birth Plan

<http://sogc.org/publications/birth-plan/>

Breech Childbirth

<http://sogc.org/publications/breech-childbirth/>

C-Section

<http://sogc.org/publications/c-section/>

Vaginal Birth After Cesarean Section

<http://sogc.org/publications/vaginal-birth-after-caesarean-section/>

### **Spectrum Health Gerber Memorial Hospital**

**(documents only, no website) Please find these documents on [www.vbac.com](http://www.vbac.com)**

VBAC Guidelines for Mothers Presenting at a Community Hospital (PDF)

VBAC Patient Informed Consent Form (PDF)

Refusal of Repeat Cesarean Form (PDF)

Epidural Anesthesia Informed Consent Form (PDF)



## Trial of Labor

[www.trialoflabor.com](http://www.trialoflabor.com)

*A documentary about four mothers and their determination to give birth naturally after a prior cesarean, by film maker, Robert Humphreys and producer Elliot Berlin, DC.*

## Vadeboncoeur, H. (2011). *Birthing Normally After a Cesarean or Two*. Freshheart Publishing.

<http://helenevadeboncoeur.com/index.php/en/mon-livre>

## VBAC.com

*Provides childbearing women and maternity care professionals access to evidence-based resources, educational materials, and support for VBAC and cesarean prevention.*

### What Is a Uterine Rupture and How Often Does It Occur?

[www.vbac.com/what-is-a-uterine-rupture-and-how-often-does-it-occur/](http://www.vbac.com/what-is-a-uterine-rupture-and-how-often-does-it-occur/)

### Cesarean Section and Birth Trauma

<http://www.vbac.com/cesarean-section-and-birth-trauma/>

### With Midwives, Women Have Fewer Cesareans and More VBACs

<http://www.vbac.com/with-midwives-women-have-fewer-cesareans-and-more-vbacs/>

### A Doula Can Reduce Your Odds for a Cesarean

<http://www.vbac.com/a-doula-can-reduce-your-odds-for-a-cesarean/>

## VBAC Community on Facebook

<https://www.facebook.com/vbacfan>

## VBACFacts

### 13 Myths About VBAC

<http://vbacfacts.com/13-myths-about-vbac/>

## VBAC Finder

<http://www.vbacfinder.com/>

## The White Ribbon Alliance

### Respectful Maternity Care

<http://whiteribbonalliance.org/campaigns/respectful-maternity-care/>

## WomensHealth.gov

### Breastfeeding

<http://www.womenshealth.gov/breastfeeding/>

## Support and Resources For Women Who Experienced a Traumatic Birth

### **Birthrites, Australia**

<http://www.birthrites.org/>

### **International Cesarean Awareness Network**

<http://www.ican-online.org/>

### **Postpartumdads.org**

<http://www.postpartumdads.org/>

### **Postpartum Support International**

<http://www.postpartum.net/>

### **Prevention and Treatment of Traumatic Childbirth**

<http://pattch.org/>

### **Solace For Mothers**

<http://www.solaceformothers.org>

### **Trauma and Birth Stress – PTSD After Childbirth, New Zealand**

<http://www.tabs.org.nz>

### **The Birth Trauma Association, U.K.**

<http://www.birthtraumaassociation.org.uk>

### **Vancouver, Canada Birth Trauma**

<http://www.vancouverbirthtrauma.ca/home.html>

1. American College of Obstetricians and Gynecologists, American Academy of Pediatrics, American Association of Family Physicians, American College of Nurse-Midwives, Association of Women's Health and Obstetric, and Neonatal Nurses, and the Society of Maternal-Fetal Medicine. (December 2011). Quality patient care in labor and delivery: A call to action. Consensus Document.

