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Who Controls Childbirth?

Mom? the Doctor? or Baby!

A compelling story was written by writer, Taffy Brodesser-Akner. In the July 13, 2010 SELF section of msnbc.com, her article titled "Who Controls ChildBirth – Expectant Moms or Doctors?" is captivating readers. <http://www.msnbc.msn.com/id/38129344/ns/health-pregnancy>

Ms Brodesser-Akner's personal story of childbirth with her two children is attention-grabbing at minimum, some would call her experience shocking. She was traumatized during the birthing process of her first son, and when embarking along her second pregnancy she faced many thoughts on how to do things differently. Her insights and exploration came down to the question "Who Controls ChildBirth?".

The doctors and staff at the local Center for True Harmony Wellness & Medicine, integrated medical office for women, read this story and too found it shocking, like any woman would.

The doctors had some more insights for moms-to-be:

Dr. Denise Grobe, Naturopathic Physician, and new mom of one:

"The only significant success of pregnancy and childbirth is a [healthy baby](#) and mother. Some women are blessed to flow through pregnancy without the need for anything but a good prenatal vitamin and other women have to fight tooth and nail and use every intervention available for safe passage of their baby into this world.

There are no guarantees; there is only education, preparation, and trust. As women, we can educate ourselves as much as we can about pregnancy and childbirth and make preparations and form expectations based on what we learn. However, these events are not constant; they are variable and part of childbirth preparation needs to be about being open to allow what ever needs to happen to ensure the health and safety of baby and mother. Trust is the backbone of pregnancy and childbirth. Trust that your body has the innate ability to carry a baby and delivery the baby into this world. Trust that your support system will take care of you and your needs. Trust that your doctor will communicate with you and consider your wishes unless something unexpected occurs and it is time to do something different. Who controls childbirth? The baby."

Dr. Christine Brass-Jones DO, OB/GYN, and mother of 3:

"The birth of a baby does seem to be directed by the baby itself. I am a mother of 3 boys and all three births have been very different, no matter my preparation, my passion, my fatigue or my knowledge and insights as an OB/GYN and mom. As an obstetrician I can tell you that mom and I

may have created some plan for her childbirth, and the baby may have other plans. I try to honor everyone's wishes and in the end I always do what is best to have a healthy mom, healthy baby and ideally a baby who gets to go home with mom on discharge day."

CONTACT: Center for True Harmony Wellness & Medicine™, an [integrated medical office and spa](#) for men, women and families. We are located just off the SouthWest corner of [CountryClub Dr and Baseline in Mesa Arizona 85210](#). To contact this author, the office or our practitioners: info@trueharmonywellness or 480-539-6646.