

Thoughts on preparing for childbirth and addressing fear of childbirth

Preparing for childbirth is important. Good preparation makes the delivery easier and improves the childbirth experience. Giving birth makes most people nervous and scared. We're dealing with an actual fear of childbirth when the fear begins to hinder day-to-day life.

Fear is one of many human emotions. Like all other emotions, fear can be processed and controlled, and it can become a strength. Help is available for discussing fear. Treating the fear of childbirth helps when preparing for delivery, and it affects the wellbeing of mothers and families both during and after the pregnancy.

Writing is one way of structuring your thoughts and emotions. You may complete the following sentences as they apply to you.

When I'm thinking about the upcoming childbirth, I think that...

I wish that the prenatal classes / fear of childbirth treatment...

Processing the identity of a mother includes going through various emotions. It is important to face even the most conflicting emotions. Processing the emotions promotes the natural interaction with the baby.

I feel that becoming a mother is...

My baby is...

Women have a lot of strength. Recognizing your strengths promotes wellbeing during pregnancy and helps during the delivery.

My inner strengths are...

My earlier experiences (delivery, miscarriage, or others) have influenced me so that...

My mother's and other people's childbirth experiences have influenced me so that...

After the baby is born, my support network...

Many are afraid of pain during childbirth. However, it is different from other pain: it has a positive purpose instead of being a warning sign. Contractions during the delivery also prepare the baby for life outside the womb. It is good to know that during delivery there are more painless breaks than painful contractions, which means that people cope with the pain much better than they would assume.

My thoughts on delivery pain are that...

In my life, I've been able to control pain in the following ways...

Fear and uncontrollable situations are a normal part of life. You may have different ways of handling fear.

I've usually handled fear by...

My fear shows in the following ways right now...

Draw an X on the line to describe how you currently feel about giving birth:

My thoughts of ----- I am extremely afraid
childbirth are calm of childbirth

Processing the fear of childbirth does not aim to achieve a situation where you are completely without fear, but to achieve a situation where the thought of childbirth is acceptable for you. Draw an X on the line to describe the situation which you would like to achieve before childbirth:

My thoughts of ----- I am extremely afraid
childbirth are calm of childbirth

How could you achieve the situation you described above:

My wishes for the upcoming childbirth are...