

What Kind of Advocate Are You? Baby? Birth? Woman?

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SELF-ASSESSMENT

By all the questions below, place a "0" (for not at all), a "✓" (for OK), or a "✓✓" (for prefer).

1. My main reason for being active in childbirth-related work is:

- a. The baby. I want to be sure the baby's entrance into the world is as safe and caring as possible.
- b. Natural childbirth. I want to be sure that safe, midwife-attended, low-intervention, out-of-hospital birth choices are always available to women.
- c. The woman. I want to be sure that women have choices and the freedom to make those choices, even if they are not ones I would make.

2. I feel comfortable working with women who:

- smoke
- plan to circumcise their sons
- plan to circumcise their daughters
- do not want to breastfeed
- have self-destructive (and baby-destructive) lifestyles (drugs, alcohol, domestic violence, sexual risk-taking).

3. I feel comfortable working with women who:

- plan an early epidural
- choose a highly interventive doctor and hospital
- want an elective cesarean
- will not attend childbirth classes or master self-help comfort measures
- do not care how they give birth, as long as they and the baby are OK

4. I feel comfortable working with women who:

- are afraid of or opposed to the hospital and/or obstetricians
- plan a home or birth center birth
- prefer midwives
- fear epidurals, episiotomies
- will read, attend classes, make a birth plan
- desire a natural childbirth
- see labor and birth as a personal challenge, a chance to prove themselves