

# Dispelling 4 Common Pregnancy and Childbirth Fears



Being pregnant is no easy task, nonetheless giving birth. Many people talk about the beauty and joys of pregnancy and those precious moments after pushing out their bundle of joy. Meanwhile, others are freaking out about all the madness and unknowns that come with carrying and releasing a human being out their body.

As if preparing for a child isn't stressful enough, no one needs to be consumed by the fears instilled by hearsay. When it's time, your baby is coming out no matter what. There are a ton of things said about pregnancy and childbirth, so let's shatter a few of those fears revolving them.

## **Pooping in the delivery room**

Yes, it's possible. Whether it's a birthing tub or hospital gurney, women indeed have pooped while giving birth. It's not a surprise since the same muscles used to push out a baby are involved with emptying your bowels. Back in the day,

women were given enemas in the early stages of labor to prevent this from happening, but the practice has fallen out of popularity.

What is it about enemas? It turns out that they don't provide the benefits once thought to be true, which were that they reduced the length of labor and lowered risk of infection. Plus, they were really uncomfortable. So enema sounds like the last thing you would want during labor, so what can mothers do?

First off, although it's a possibility you'll poop, you might not. The prostaglandins your body releases to help the cervix efface and the uterus contracting also have a cramping effect on the bowels. But even if you do end up releasing some poo, who cares? You honestly probably wouldn't even realize you did it either. But you're giving birth to a human being! Nurses and doctors don't care, so forget how embarrassing it could be.

## **What if I don't make it to the hospital in time?**

I must say, just thinking about giving birth in the car, alleyway, or anywhere other than the hospital with doctors and nurses freak me out. I feel like you need a team of experts to make sure your delivery is a success and if there are complications, that there will be people to assess and fix it.

But more likely than not, a first-timer will be too early than they are too late. So it might not be something to worry about too much. But if you happen to be in a car and absolutely need to push your baby out before reaching the birth center, here are some experiences other mothers have had!

## **What if my baby is breech?**

You've been to the chiropractor, you've done balancing exercises, and have tried pretty much everything to make sure your baby is ready in position when the time comes. But what happens if it's your due date and your baby is positioned butt first? Here are two options:

Option 1: Accept the situation and see about having Cesarean.

Option 2: Find a provider who has experience with vaginal breech births.

According to the American Pregnancy Association, you should meet the following criteria in order to safely attempt a vaginal breech delivery:

- You're at least 37 weeks along.
- Baby is in the frank breech presentation. (Some providers may green-light a complete breech baby for a vaginal delivery, too, as this is the next most favorable position.)
- Baby shows no signs of distress when his heart rate is closely monitored.
- Baby is not too big to pass safely through the birth canal. (Generally speaking, baby should be no bigger than 4,000 grams, or 8 pounds, 13 ounces.)
- Anesthesia is readily available and a Cesarean delivery possible on short notice.
- Labor is spontaneous and progresses steadily.

## **What if I get “back labor?”**

Back labor is what it sounds like – the labor seems to concentrate in the lower back, directly above the sacrum. According to the American Pregnancy Association, it's often accompanied by irregular contractions, labor slow to progress, and a prolonged pushing stage. The most common cause of back labor is the position of the baby. So how do you manage back labor?

If you think back labor is happening to you, get up and move around. Lying on your back only allows your baby's full weight to rest on your spine. If you must lay down, lay on your side.

You could also try squatting, walking around, lunging, or doing pelvic rocks on your hands and knees.