

We where nothing a
decade ago is



**ASSIGN
BUSTER**

We live in a day and age where nothing a decade ago is the norm anymore. Technology is no longer a crazy idea, but a necessary tool in every aspect of life. Yes, this includes the most natural phenomenon of them all: childbirth. Technological intervention has grown to play such an extensive role in how mothers are experiencing labor and childbirth, that many expecting mothers have no idea what a normal birth is. Elaine Zwelling, RN, PhD defines a normal birth as one that “ takes place with recognizing that a woman’s body is capable of growing a healthy baby during pregnancy, giving birth without routine interventions that can disrupt normal body processes and then nurturing the baby after.

..” (). Ideally, a childbearing woman will experience labor and birthing in a “‘ climate of confidence’ that reinforces her strength and innate abilities and minimizes fear” (). I can easily say that this “ climate of confidence” has long diminished as a result of media, technological advances, and the willingness of doctors to intervene on the normal processes of the body during labor and birth. The influence the media has upon society has contributed to the negative image given to pregnancy, and the experience of giving birth. With books and television portraying this event as one of unbearable pain and negative outcomes, the vast majority of childbearing mothers today are convinced that they don’t know how to birth.

Insecurities regarding childbirth can be mitigated when you have intelligent guidance, unwavering support, and knowledge of what your body is doing to prepare for the birth of your baby. Support can come from confident, experienced mothers, midwives, obstetrician-gynecologists, and doulas. A pregnancy is made up of nine months of change and growth. Within that

time span, “ your organs are adapting, your heart is literally growing, and hormonal changes are occurring to support you and your baby through this transition” (). There is no denying that the development of modern medicine and technology has benefited the world tremendously. The challenge lies in making birth a normal and natural event rather than relying on unnecessary and harmful interventions.

Interventions that in non-high-risk pregnancies only benefit the doctor who wants to avoid liabilities and missing dinner. With an “ induction rate of 41%” it is now more uncommon for a woman to go into labor on her own than it is to be induced (). Despite the belief that this popular routine assists in speeding the labor process, it is actually completely ineffective and only “.. . increases the likelihood of cesarean surgery” (). This goes to show that performing a task as simple as bursting a sac of fluids and agitating the instinctive body process can endanger both the mother and baby.