

**Covid-19 Birth Planning:**  
Using the *Partners* Curriculum for Labor and Birth



*Partners for a Healthy Baby* Home Visiting Curriculum  
Florida State University Center for Prevention & Early Intervention Policy • [www.cpeip.fsu.edu](http://www.cpeip.fsu.edu)

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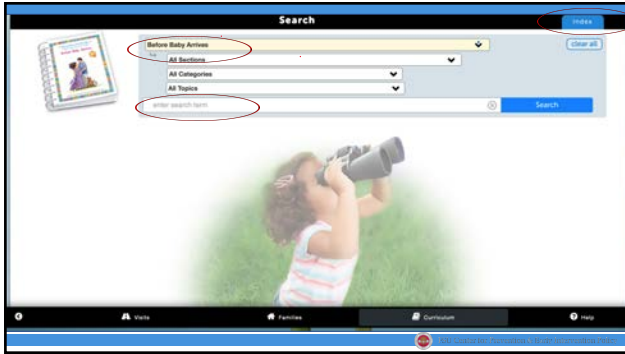
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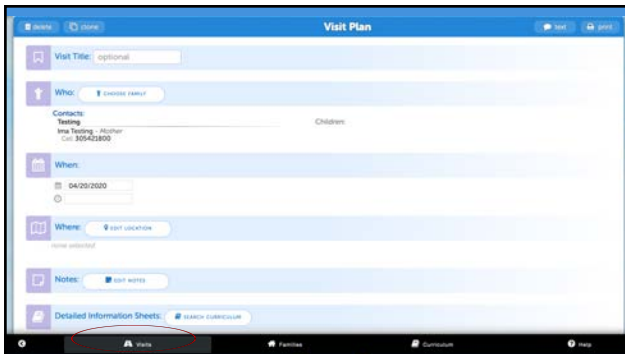
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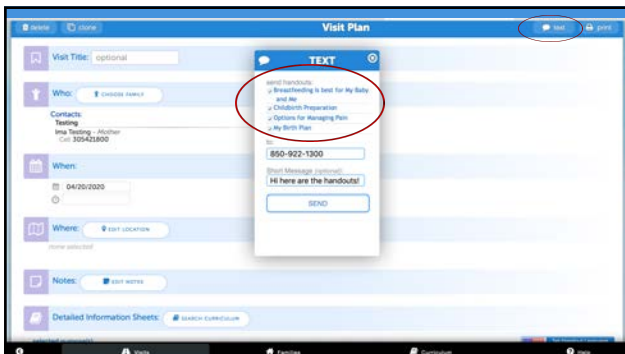
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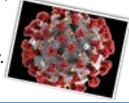
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## Planning for Childbirth



This is the scene many women picture for their birth.

- Because of coronavirus, many will give birth to their child with no family or friends present — only the doctor and nurses.
- Some hospitals allow 1 person to attend, but most hospitals will not allow any visitors to see the mother or new baby.



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## Pregnancy Headlines Create Worry

- Fearing Coronavirus, Many Rural Black Women Avoid Hospitals to Give Birth at Home. *Pewtrusts.org*
- No visitors allowed: We need humane hospital policy during COVID-19. *TheHill.com*
- How To Prepare For Giving Birth During The Coronavirus Pandemic. *Huffingtonpost.com*
- The Challenges of Giving Birth in the Time of Covid-19. *slate.com*
- Woman with Coronavirus Gives Birth While in a Coma. *CNN*



Now perhaps more than ever the guidance of a professional experienced in emotional and educational support in labor matters.

Tamara Taitt, Marriage & Family Therapist, Magnolia Birth House, Miami, FL

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## Maternal Mortality Creates More Worry

Contributors to the US maternal mortality crisis include:

- high blood pressure
- diabetes
- obesity

These are also some of the same risk factors that make someone more at-risk to coronavirus.



The coronavirus pandemic exposes a fragile health care system that already marginalized and traumatized pregnant black women.

Dr. Jola Crear-Perry, President of the National Birth Equity Collaborative

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## Maternal Mortality Creates More Worry



*I'm being flooded with new patient inquiries. Pregnant mothers on Medicaid or without insurance can't find anywhere that will take them on right now because of COVID. Many more pregnant women want access to the birth center because they are scared of going to the hospital right now to give birth.*

Jennie Joseph, LM CPM (Florida)

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## Helping Fearful Clients

- Check in regularly with the expectant mom about her stress level.
- Ask her to rate it on a scale of 1-10, with 1 being low and 10 being high.
- It may take time for her to truly be able to sort out all the stressors in her life right now!



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- When a pregnant woman is depressed, she is more likely to use alcohol, tobacco, or other harmful substances.
- She may also be less likely to comply with prenatal advice especially if visits are abbreviated or "virtual".
- Help the expectant mom understand the interaction of these factors.

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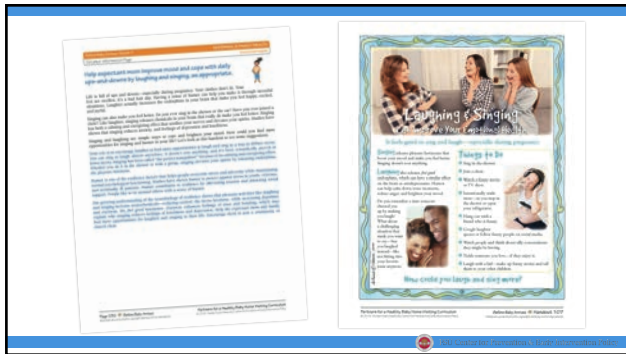
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### Prenatal Care

- During this time, the prenatal care schedule and recommendations have not changed.
- ACOG has released guidelines to providers on having visits virtually.
- Privacy issues, care, and quality are rights during this time, and we want women to receive all the tests and care they need to have a healthy baby.

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- Many have called for testing of pregnant women to be a priority but that remains uncertain.
- Women can expect to have their temperature taken at regular appointments.
- Also, more strict distancing measures.

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### Preparing for Birth



**Typical birth plans mean thinking about:**

- Who will be with you?
- How will you manage the pain?
- How will you feed the baby?

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**Purpose Page**

**Detailed Information Page**

**Parent Handout**

**Ways to be supportive during labor**

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**Doula Programs and Resources:**

- DONA.org
- CAPPA.net

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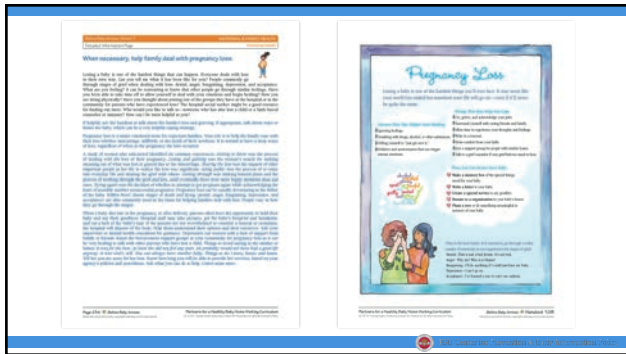
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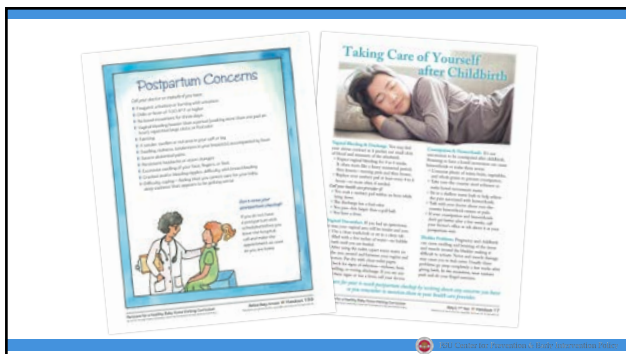
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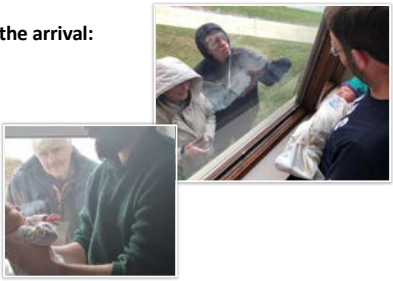
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### The Circle of Support

**Typical support after the arrival:**

- Meals to the family
- Visitors
- Religious or family celebrations



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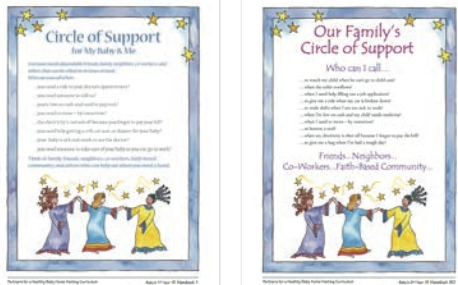
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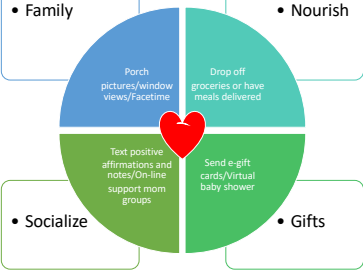
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- Family**
  - Porch pictures/window views/Facetime
- Nourish**
  - Drop off groceries or have meals delivered
- Gifts**
  - Send e-gift cards/virtual baby shower
- Socialize**
  - Text positive affirmations and notes/On-line support mom groups

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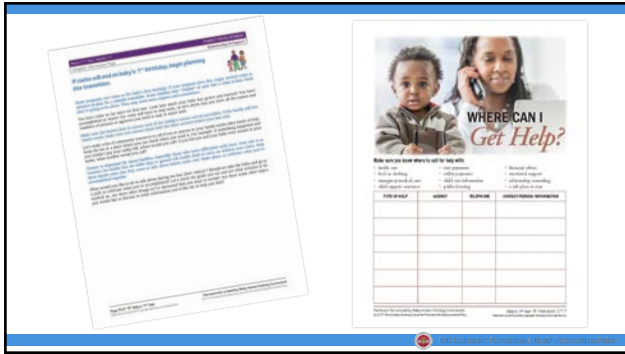
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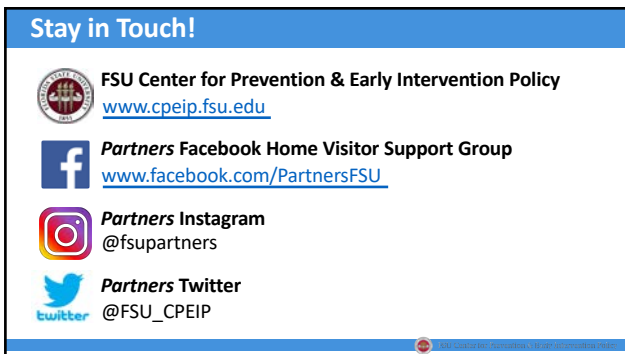
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