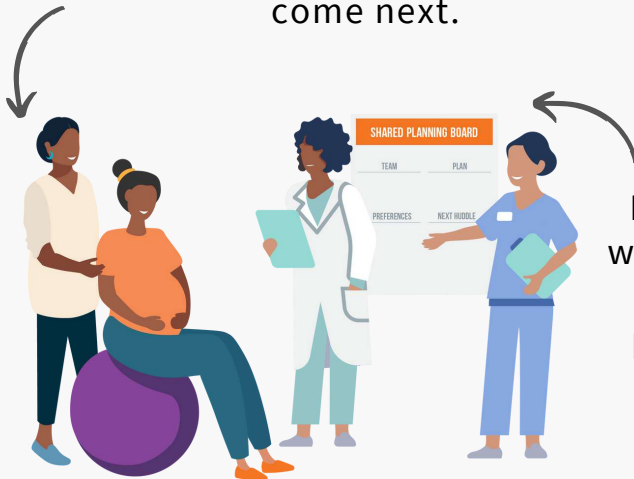


WHY TEAMBIRTH?

TeamBirth puts you at the center of your care. You are **empowered** to share what you're feeling, ask questions, and take part in decisions.

WHAT CAN I EXPECT?

Your full care team will meet in bedside **huddles** to talk about **what you want** from your care and **set clear expectations** for what will come next.



Notes are written on a **shared planning board**.

Your care team includes:

- You!
- Your support person(s)
- Doulas
- Nurses
- Doctors or midwives

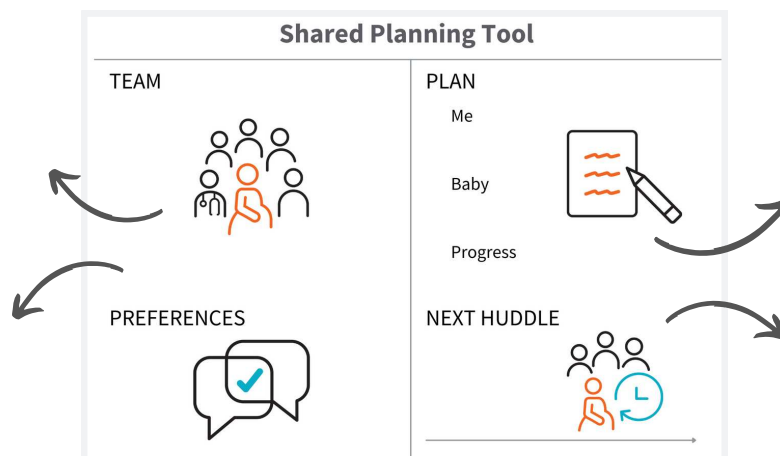
Huddles can take place:

- At admission
- When your care plan changes
- At key decision points
- By request at any time

WHAT WILL WE TALK ABOUT IN HUDDLES?

WHO IS ON THE CARE TEAM, STARTING WITH YOU!

HOW YOU'RE **FEELING** AND WHAT YOU **NEED**



YOUR LABOR PROGRESS AND CARE PLANS FOR YOU AND THE BABY

WHAT'S NEXT FOR THE FULL TEAM

WHAT'S MY ROLE IN A HUDDLE?

Everyone on the team is encouraged to speak up and share what they're experiencing. You can ask questions, tell the team what you're feeling, or share your preferences for what comes next. You know your body best!

WHAT CAN I ASK MY CARE TEAM?

Ask your nurse to bring your care team together for a huddle.

Ask...

"I would like to talk about this with the full team. When can we get together for a huddle?"

Share how you're feeling or what you're worried about.

Ask...

"I know you see this every day, but this is new for me. Why am I feeling this way? Is there anything to worry about?"

WHAT ELSE SHOULD I KNOW?

Birth Plans

If you have a birth plan, huddles are a great time to talk about it with your care team.

Remote Participation

Anyone on your team can join a huddle by phone if they can't be in the room at a key decision point.

Newborn Care

Birthing and non-birthing parents can join huddles about their baby's care.