

WHAT IS TEAMBIRTH?

TeamBirth is a care model designed to shift the power dynamics in a hospital setting.

TeamBirth ensures that **all members of the care team** feel empowered to share their perspectives and reach decisions together:

- Birthing person
- Support person(s)
- Doulas
- Nurses
- Providers

The full care team meets in bedside **huddles** during the birth process to discuss preferences and to set clear expectations for what will come next.



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

Initial huddles occur around admission, with additional huddles at key decisions and changes in care plans.

WHAT CAN I EXPECT?

A support person may be:

- A partner
- A spouse
- A family member
- A friend

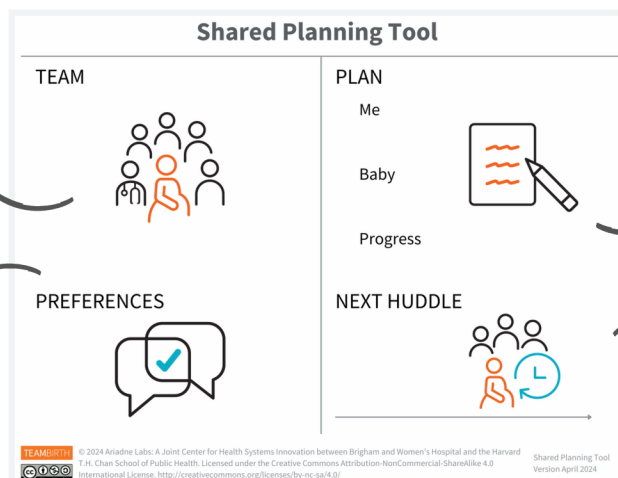
As a support person, you are encouraged to participate in huddles, asking questions, sharing concerns, and contributing your unique perspective based on your relationship with the person giving birth.

You can also request a huddle!

During huddles, the team will use the board to support shared decision making:

CREATE A **SAFE SPACE** FOR EVERYONE ON THE TEAM (INCLUDING YOU!)

LEARN ABOUT THE BIRTHING PERSONS' **EXPERIENCE AND NEEDS**



CLEARLY DISTINGUISH **CARE PLANS** FOR THE PERSON GIVING BIRTH, THE BABY, AND LABOR PROGRESS*

**Labor progress refers to the laboring uterus and cervix*

SET CLEAR EXPECTATIONS OF **WHAT'S NEXT** FOR THE FULL TEAM

HOW CAN I PARTICIPATE?

Offer..

- ☒ Grab the whiteboard marker and write on the board
- ☒ Help identify what's most important to the birthing person during the huddle

Ask...

"Is this a TeamBirth site?"

"When is a good time for a TeamBirth huddle?"

"Is it helpful if I update the board as we huddle?"

Suggest...

"That sounds really important to you; let's be sure to discuss that when we huddle again about the plan."



OTHER CONSIDERATIONS

Birth Plan

The person giving birth may have prepared a birth plan. Huddles are designed to encourage your care team to acknowledge and address your preferences in discussions about the current plan of care.

Remote Participation

You can participate in huddles via speakerphone when not physically present. If a huddle must occur for a key decision or change in plans, the birthing parent can include you remotely, if desired.

Newborn Care

A support person that is also the parent of the new baby is a central member of the team. Parents should participate in huddles regarding key decisions in the plan of care for their baby.

HOW DO I KNOW IT'S WORKING?

As a support person at a TeamBirth birthing facility YOU should be:

- **Invited** to add their name to the team section of the shared-planning board.
- **Included** in huddles as a part of the team.
- **Empowered** to request huddles when they feel it is needed; any team member can request a huddle.
- **Encouraged** to contribute notes on the board, reflecting huddle conversation.