

## 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.



Huddle conversations are written on a **shared planning board**.

## WHAT CAN I EXPECT?

### Initial huddle occurs:

- At or around admission

### Ongoing huddles occur:

- At key decision points
- Changes in your care plan
- Upon request of any team member

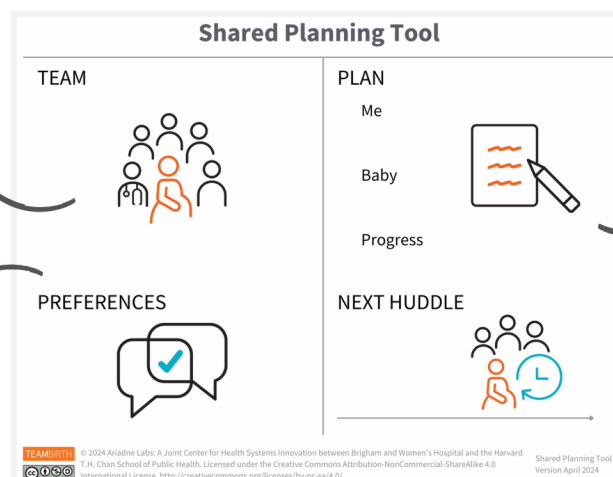
The team discusses your preferences, the plan of care for you, your baby, your labor progress, and expectations for when the next huddle will occur.

*You or your support person can also request a huddle at any time for any reason!*

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

CREATE A **SAFE SPACE** FOR EVERYONE ON THE TEAM STARTING WITH YOU!

SHARE YOUR CURRENT EXPERIENCE AND NEEDS



CLEARLY DISTINGUISH **CARE PLANS** FOR YOU, 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

## OTHER CONSIDERATIONS

As a birthing person in a TeamBirth birthing facility YOU should be:

- **Included** in care planning conversations as a core part of the team.
- **Encouraged** to ask questions and share what is most important to you throughout your birthing journey.
- **Empowered** to request huddles when you feel it is needed and to participate in decisions about next steps in your care.

## HOW DO I KNOW IT'S WORKING?

### Birth Plan

You 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 as it changes throughout your experience.

### Remote Participation

Your team members can participate in huddles via speakerphone when not physically present. If a huddle must occur for a key decision or change in plans, the you can ask for your support person to be included 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.

## WHAT TO ASK YOUR 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?"

**Trust yourself and share what you know about your body with your team.**

*Ask...*

"I know you see this everyday, but this feels different (or frightening) for me. Why am I feeling this way? Is there anything to worry about?"