

WHAT IS TEAMBIRTH

TeamBirth helps you be as involved as you would like in decisions about your pregnancy, labor, delivery, and after delivery. Your plan and preferences can change often during or after your birth. Knowing what's most important to you helps your care team give you the best care.

You will meet with your care team in regular huddles where you will talk about how things are going and what comes next. Huddles will be a time to share what you want, what questions you have, and how you're feeling. What you talk about during those huddles will then be written on a whiteboard in your room.

This is what a huddle might look like:

Your **support person** can support you and advocate for you. Talk to them about what they can do to help.

YOU can tell your team how you're feeling and share hopes, concerns, or questions.

Your **doctor or midwife** will share the pros and cons of medical choices and guide the team to make decisions. Sometimes, they may need to make quick decisions to keep you or your baby safe.

Your **nurse** will monitor your labor, support you, and suggest what might be helpful.

