

Family Centered Cesarean Section

at Peterson Regional Medical Center

For more information ask your physician or midwife or call the Women's Services department at Peterson Regional Medical Center at 830-258-7444.




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PETERSON
The Baby Place

Family-Centered Cesarean Sections

Cesarean Sections rates have increased throughout the years. With this type of delivery, there is a delay in parental contact, bonding, and patient satisfaction for many.

Women who have voiced comments such as feeling lonely after their baby is delivered and leaves the room to go to the nursery or missing out on the firsts, such as first weight and measurements and first baths. Our goal was to improve our families experience. Making Cesarean Sections more family-centered while upholding the high standard of care set for the operating room.

"After all, Cesarean Sections are not only surgery they are your child's birth."

Benefits of Family-Centered Cesarean Sections

There are many potential benefits of a family-centered cesarean section for both mother and baby.

- Earlier skin to skin contact enhancing the bonding process
- Improved breastfeeding success from the early initiation and contact for mom and baby.
- Decreased need for medication for mother during surgery.
- Transition is eased for newborn remaining skin to skin with mother including temperature regulation.

The Difference in a Family-Centered Cesarean Section

The changes vary depending on the desires of each situation and family. Possible examples include:

1. Walking to the operating room before the surgery.
2. Positioning on the operating table. Not feeling so tied down.
3. Your significant other may remain with you throughout your surgery.
4. Viewing the birth of your infant.
5. Holding your newborn sooner.
6. Keeping your infant with you in the operating room as situations allow.
7. Your newborn going with you to the recovery room to continue the bonding process.
8. The initial weight, measurements and first baths of your newborn experienced by both parents in the recovery room.

*Reference: Smith J, Plaat F, Fisk, N. The Natural Cesarean; a Women-Centered Techniques. BJOG 2008; 115:1037-1042

