

You should expect that things will go well – the odds are in your favor. Know that your inexperience can cause you to view variations of birth as overly serious, so that is why you hire an experienced attendant to determine if anything major is happening. Since complications do occur in a small percentage of pregnancies and childbirth, you need to face the unknown. Should anything happen, you need to be informed; this will help you and your partner make better decisions under fire. First there are three types of complications to look at. There are those that need immediate resolution. Then there are those demanding immediate attention. Then there are those, which require evaluation.

Think of them in terms of alert status. The first are emergency situations. The second could lead to emergency status if not taken care of. The third are more like long-term concerns. As long as you understand the complications and how to deal with them, you eliminate the fear and the anxiety regarding birth.