

# Vaginal Birth After Caesarean: Exploring the Possibilities

**Presenter:** Lynne Staff

## Program

**NOTE:** Workshop times may vary with different locations and venues. Please check starting times on your registration confirmation email.

1:00 p.m.	<b>Discuss the importance of BAC to women, and review statistics and outcomes on:</b> <ul style="list-style-type: none"><li>• Vaginal birth</li><li>• Repeat CS</li></ul>
1:30 p.m.	<b>Examine practices around VBAC and the implications for:</b> <ul style="list-style-type: none"><li>• Women and their infants</li><li>• Midwives</li><li>• Maternity service development</li><li>• Relationships with colleagues</li></ul>
2:30 p.m.	15-minute refreshment break
2:45 p.m.	<b>Encourage creative thinking about:</b> <ul style="list-style-type: none"><li>• The possibilities for birth after CS</li><li>• Informational support</li><li>• Positive emotional support for labouring women and their partners planning a VBAC</li><li>• Positive practical midwifery support for labouring women and their partners planning a VBAC</li></ul>
3:30 p.m.	<b>VBAC Talk:</b> Cultivate an understanding of the importance of talking through the birth experience afterwards
4.00 p.m.	Close

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