The Sterling Birth Method

Phase 1: Creating Clarity
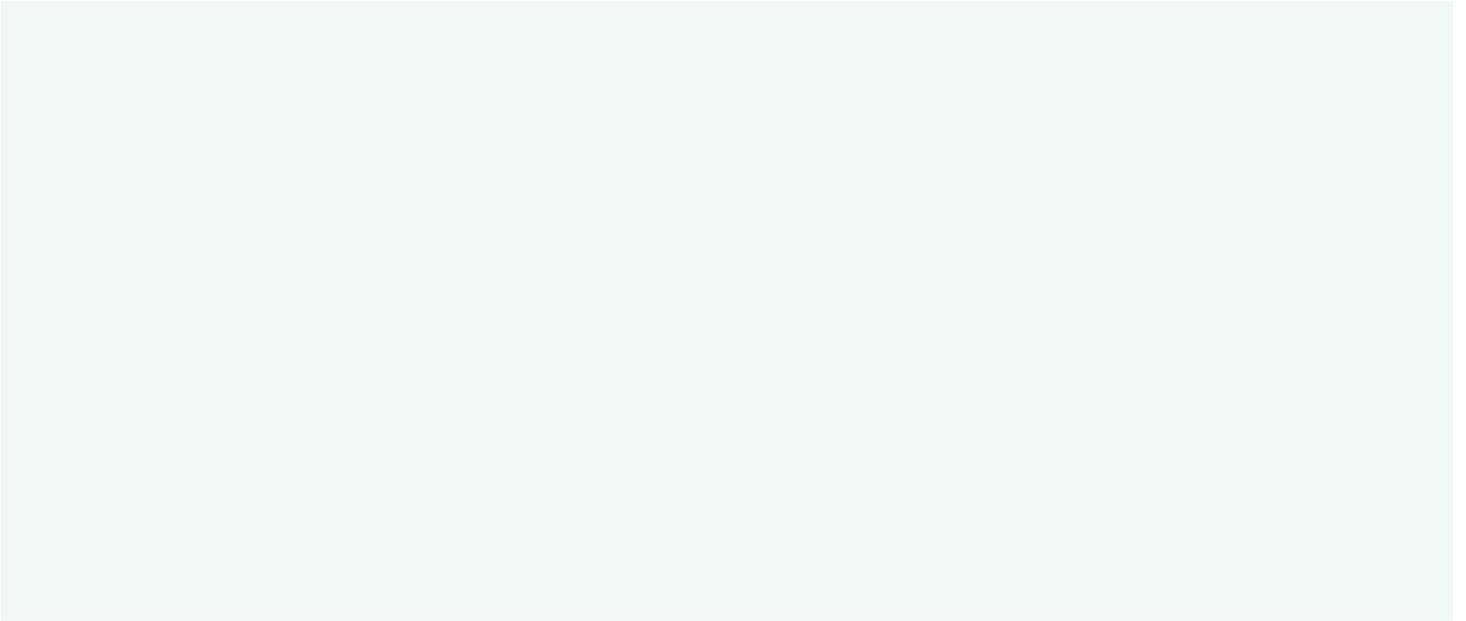
Navigating the Unexpected

Sterling Parents

Contracting for Consent

Non-emergent consent agreement.

"I know unexpected things can happen when giving birth. Consent is important to me. In non-emergent situations, I want to discuss the risks, benefits, alternatives and indications of any interventions so that I can give my informed consent. Will you agree to discuss risk, benefits, alternatives and indications with me for any non-emergent interventions?"

- Acknowledge a reality they will agree with.
- Value statement
- Non-emergent situation
- Buzz phrase: r/b/a/i
- Buzz term: informed consent
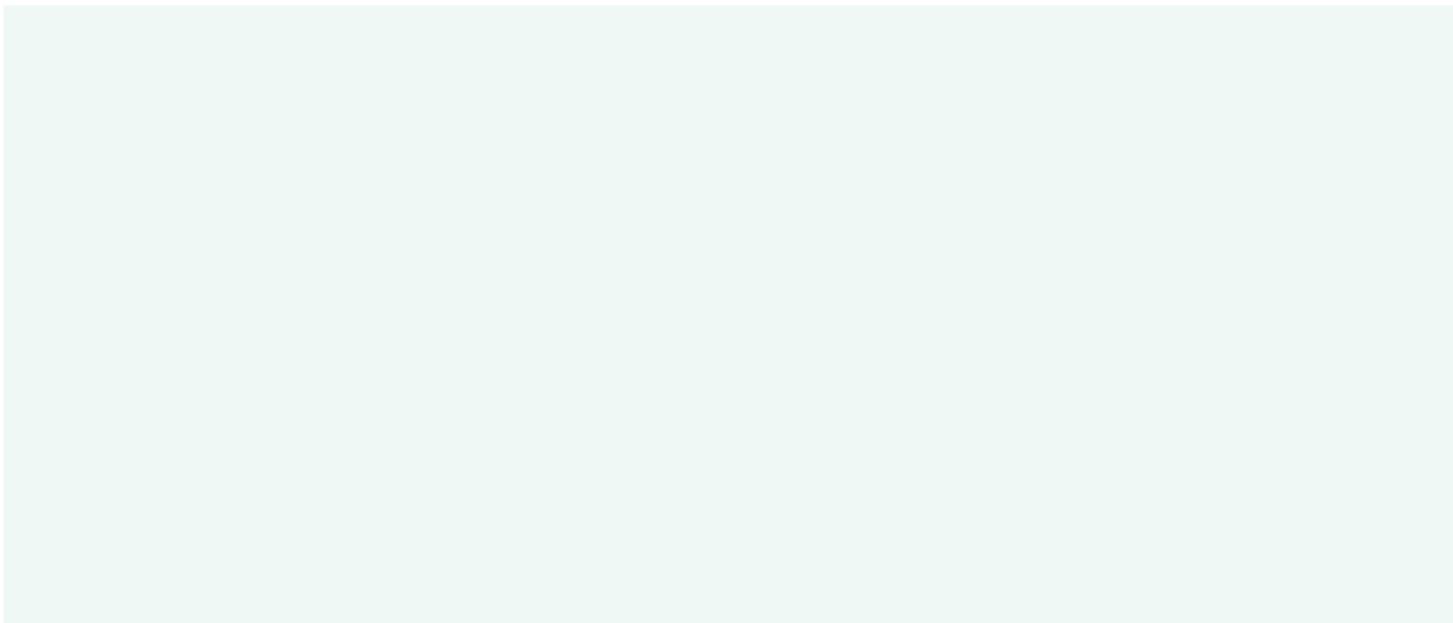- Agree to discuss

Non-emergent consent agreement.

✎ Contracting for Consent

Emergent consent agreement.

"I know emergencies happen all the time in birth. If taking the time to have a full informed consent discussion isn't possible and would delay lifesaving treatment, will you agree to explain as much as you can and ask for my consent to do what it necessary for the health and safety of me and my baby?"

- Acknowledge a reality they will agree with.
- Lifesaving treatment
- As much as you can
- Customize how you want to give consent

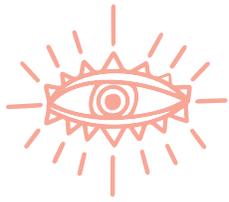# Emergent consent agreement.

✎ Contracting for Consent

Communication of findings during cesarean.

"I know sometimes there are findings during a cesarean that you will need to inform me of. I prefer not to hear about a diagnosis or concern while I am being operated on. If there are any findings, will you agree to inform me of them after the surgery is over and I'm no longer In the operating room?"

- Acknowledge a reality they will agree with.
- Preference or value statement
- Clarity is key

How and when I want to be informed findings from a cesarean.

"I've been here" visualization

My birth mantra/prayer and/or visualization.