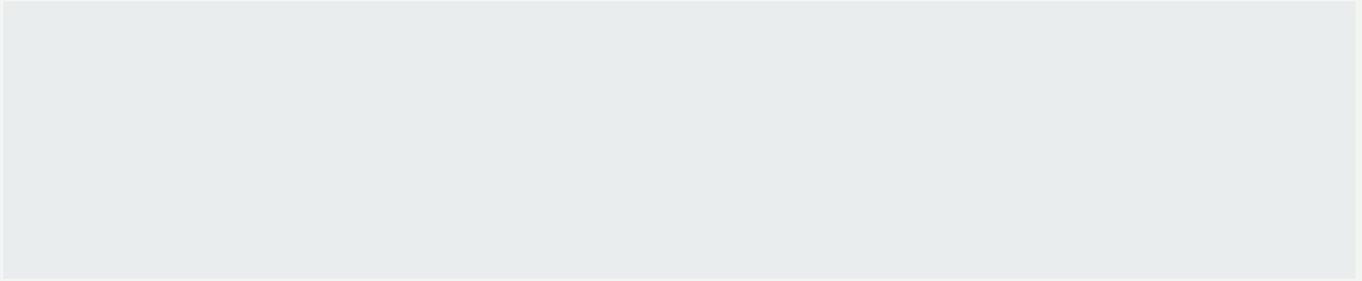


A faint, light blue background illustration of a lotus flower with multiple layers of petals and two leaves at the bottom. The flower is centered behind the text.

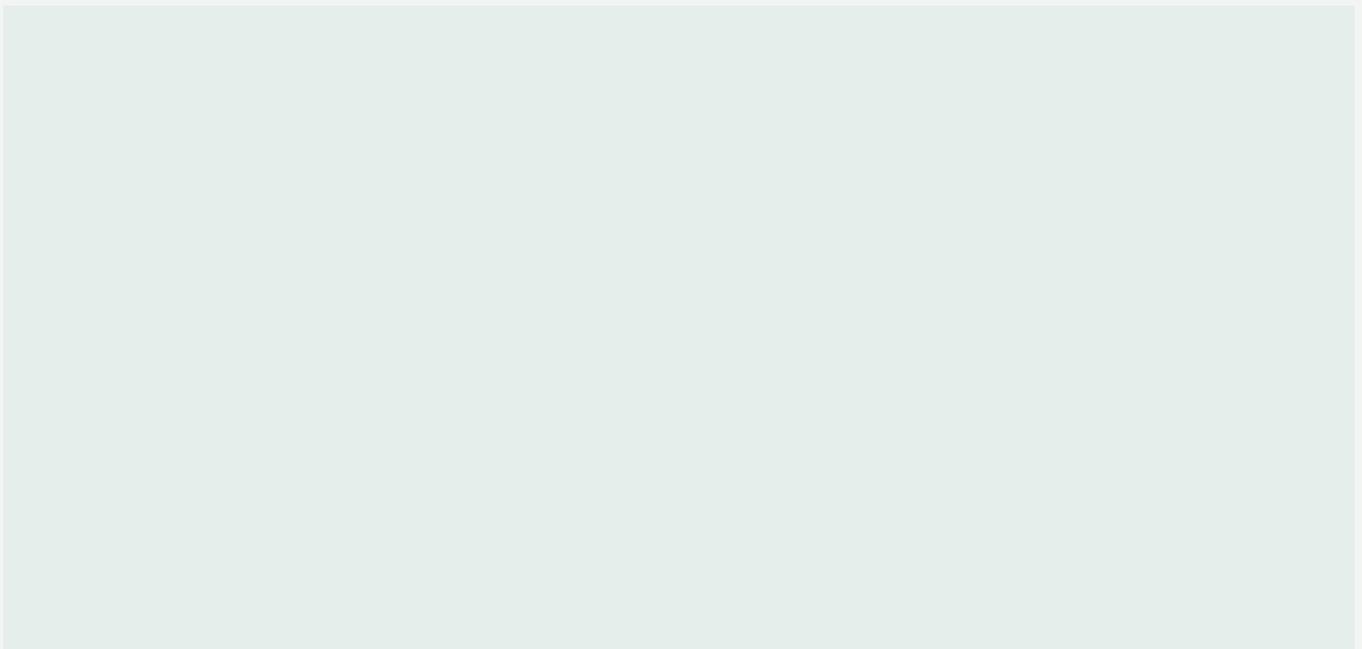
# The Sterling Birth Method

## Cesarean Birth Values+Hopes

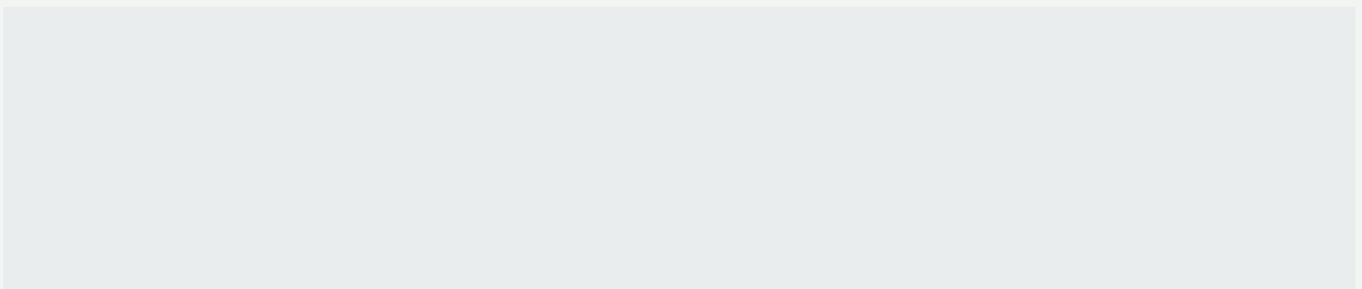
# My Birth Values



## My hopes for my cesarean birth



## Communicating in the OR



## 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. *Specifically say if you want or if you do not want to be informed and when.*

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

