



The Alliance Natural Birth: Aims for Wuppertal

The Wuppertal Alliance Natural Birth demands rethinking. The network of professionals argues for regarding pregnancy and birth as natural processes of life and supporting women in their ability to give birth.

To succeed the alliance especially wants to achieve

- better information for the pregnant women
- a different care of pregnant women and women in labour
- a good cooperation between midwives and gynaecologists
- networking of the clinics and surgeries and in external care
- a good cooperation with the advice centres and other professional groups.

The assistance at a birth focusses on the needs of each individual woman. The obstetric clinics point out: Natural birth is feasible and strengthens women and children.

The aim is to promote the resources of women and couples.

The consultations in the run-up to the delivery are based on respecting the woman's wishes. Doctors and midwives take the woman's fears seriously. If a Caesarean section is wanted they ask for the circumstances under which the woman would make a decision for a vaginal birth. They assure her that she will get all the support she needs during a vaginal birth.

A care of one woman by one midwife is aimed for (1:1). This supports the process of a natural delivery and helps to reduce the rate of Caesarean sections that are not necessary from a medical point of view.

The fear of court proceedings and/or a handicapped child influences the actions taken by the responsible midwives and doctors in a negative way. Here is an urgent need of political action.

A good cooperation with the advice centres and other professional groups is aimed for.



But the obstetric framework must be improved, too. Especially important are the questions of financing (midwives' payment, DRG-assessment, care ratio during delivery), changing the assessment of risks in the expectant mother's record as well as checking the current realization of health and safety regulations for pregnant women.

In order to support women in their ability to give birth the Wuppertal Alliance recommends starting joint steps of action for all people involved in obstetrics.

This is what the Wuppertal Alliance wants to support.