

SINGAPORE'S child

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BÉBÉ
SECTION
24 PAGES



FEEDING BABY

STARTER KITS
CHECK OUT NEW
FEEDING SYSTEMS



TRAVELOGUE

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OUTDOORS**
IDEAS AND TIPS
FOR A FAMILY VACAY



GREAT SHOES

BEST FEET
FASHIONABLE AND
PRACTICAL SOLE CARE

NOVEMBER 2015

***“Help! What’s the
best birth plan?”***

EVERYTHING YOU NEED TO KNOW
WHEN PLANNING FOR THE BIG DAY



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6 THINGS YOU NEED TO CONSIDER

01

PREFERRED POSITIONS DURING LABOUR

Most mothers can choose to adopt any position they deem most comfortable but the lithotomy position (mother laid on the back with knees bent, positioned above the hips, and legs spread apart) is the best position that allows the doctor or midwife to guard the perineum to prevent spontaneous tears.

04

CORD-CUTTING OPTIONS

This should be included in the birth plan. Adventurous husbands who wish to cut the cord may request to do so and doctors are most willing to oblige unless the situation disallows due to safety and/or medical reasons. Otherwise, it is usually the doctor who does it.

02

CHECK PAIN-RELIEF OPTIONS

This is very much a personal choice and there is no "right" answer. Mothers are encouraged to read more about the various forms of analgesia available so that they can make informed decisions on what they prefer and choose what suits them best and approach labour with an open mind.

05

CIRCUMCISION ARRANGEMENT

Circumcision can be arranged soon after birth. This is usually arranged at an appropriate time after all the necessary medical check-ups and tests are done. Like any surgical procedures, this carries some potential risks, including bleeding and infections.

03

MAKE SUPPORT ARRANGEMENTS

There are husbands who would faint at the sight of blood so they are made to sit in designated "safe zones" away from line of sight. If they feel woozy, family members waiting (pre-arranged) in an assigned room can take over immediately so that the mother is never left alone without a familiar family face.

06

FEEDING PREFERENCE

Breastfeeding is definitely recommended over formula milk but if for some reason, the mother is unable to breastfeed, there are many formulas available. Mothers are encouraged to find out about the options so that they can decide which brand when needed.



OUT-LAWED?

Do not get too fixated with the birth plan as circumstances may change. For example, some who do not want pain relief may eventually need an epidural or spinal anaesthesia when pain gets unbearable in unexpected situations. Or, when previous plan for a vaginal delivery ends up in a caesarean section to ensure safety of both mother and baby.



SAFETY FIRST

Mothers should not exclude pain relief if they find that it is getting too overpoweringly painful. The safest route of delivery should determine the mode of delivery. This way, there will be no disappointment or guilt. At the end of the day, delivery is one day but looking after a child takes a lifetime. Safety should always be the priority.



BE FLEXIBLE AND OPEN TO CHANGES

"I had a mother who actually did not want any epidural or medical pain relief but elected for a warm bath and aromatherapy for her pain relief. She inadvertently chose a hospital that did not have this facility so after we discussed her birth plan, I immediately rebooked her into one hospital that catered specifically to her needs."

- Dr Ng



MEET OUR EXPERT

Dr Christopher Ng
GynaeMD, Women's &
Rejuvenation Clinic



THE BIRTH PLAN

EVERYTHING YOU NEED TO KNOW WHEN PLANNING FOR THE BIG DAY.

To plan or not to plan?

It is not compulsory to have a birth plan but it is useful if mothers have particular ideas as to how they would like their delivery to be conducted and especially if they have special requests. It is important to know what are the available birth options you have, especially if you have existing medical conditions.

Can we have our way?

A birth plan conveys what is desired in writing. The mother's wishes are usually fulfilled if it is not medically dangerous and does not compromise the safety of the delivery. This of course will be discussed point by point before the actual big day so that everyone is clear as to what is expected.

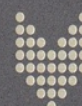
Long or short?

It does not really matter how long a birth plan is as long as it is clear and fulfills all the requests. Every pregnancy is a unique experience and so birth plans should be personalised to the mother's needs. Of course the shorter, more succinct and to the point, the better for everyone so as to reduce any confusion.



BEST TIME TO DISCUSS A BIRTH PLAN?

Mothers are encouraged to discuss their birth plans way before their delivery so that from a very early stage there is a clear understanding as to how their delivery is to be conducted. More importantly, it gives attending doctor plenty of time to make the necessary arrangements.



BIRTH PLAN DISCUSSION

Submission to hospital for booking of delivery

Check facilities in hospital and expectations with midwives

Confirm arrangement or look for alternative hospital that can accommodate