

TeamBirth - Empowering YOUR voice. Honoring YOUR body.

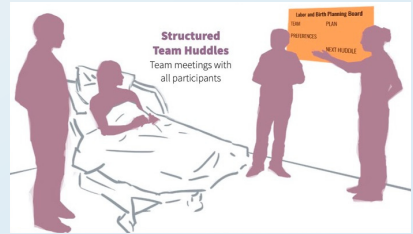
Ensuring Safe and Dignified Birth *For All.*

TeamBirth is a **communication** and **teamwork** process that promotes shared decision-making and places you - the birthing person - at the center of care. TeamBirth essential components include: **1. Team huddles** and **2. A shared planning board.**

Team Huddles:

What: Team huddles are structured team meetings that occur at the bedside and involve all members of the care team. The team discusses your preferences, the plan of care for you, your baby, your labor progress, and expectations for when the next huddle will occur.

Who: Huddles include you, your nurse, midwife or doctor, doula, and any other support people you want included - whether in the room or not. Those who are not in the room can be called into huddles on speakerphone or FaceTime. Each team member is encouraged to contribute their unique expertise and take part in decision-making.



When: Team huddles should take place at your admission, key decision points, or the request of any team member - including you! You are the expert of your body and should feel empowered to request a huddle at any point during your care.

TeamBirth huddles are structured to ensure that **4 key behaviors** take place every time for every birthing person:

1.



Promote each member of the team

2.



Elicit patient preferences

3.



Distinguish plan for patient, baby, and labor progress

4.



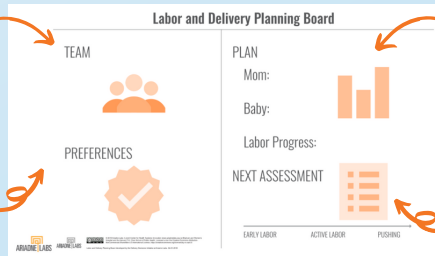
Set clear expectations for next huddle

Shared Planning Board:

The TeamBirth shared planning board, found in every labor and postpartum room, creates an outline for team huddles to ensure the 4 key behaviors happen each time. It provides a clear visual space to track information about your care.

Team: Everyone on this board - including you - has permission and opportunity to contribute to the care plan and shared decision-making.

Preferences: The team discusses not only best medical practices and care options, but incorporates your unique expertise in your own body, lived experience, and values into decision-making.



Plan: The team distinguishes between statuses and care plans for you, your baby, and labor progress - these distinctions support clarity and alignment across the team on plan of care.

Next Assessment: The team sets clear expectations of when they will come back to huddle - whether that be a specific time or point of progress. You can request a specific time based on your needs and desires.

**All people who give birth deserve to have a safe, dignified experience.
TeamBirth is an approach that turns this vision into a reality.**