

PREPARING FOR A C-SECTION

AS A NEURODIVERGENT PERSON



PLANNING FOR A C-SECTION PROVIDES THE OPPORTUNITY TO PREPARE, ADVOCATE FOR CHOICES, AND REQUEST REASONABLE ADJUSTMENTS

LET'S EXPLORE WAYS TO CREATE A SUPPORTIVE BIRTH EXPERIENCE WHICH MEETS YOUR INDIVIDUAL NEEDS:

SENSORY PROCESSING

A C-SECTION PROVIDES A LOT OF SENSORY INFORMATION INCLUDING THE ANAESTHESIA PROCESS, BRIGHT LIGHTS IN THEATRE, BEEPS FROM MACHINERY, UNFAMILIAR SENSATIONS, SMELLS, LOTS OF PEOPLE, VERNIX ON THE BABY AND MORE. CONSIDER USING HEADPHONES AND/OR AN EYEMASK TO HELP YOU STAY REGULATED. YOU CAN THINK ABOUT WHETHER OR NOT YOU WOULD LIKE YOUR BABY TO BE PLACED ON YOUR CHEST STRAIGHT AWAY, OR GIVEN TO A PARTNER/ SUPPORT PERSON, AND IF YOU WISH THEM TO BE CLEANED AND WRAPPED UP BEFORE BEING GIVEN TO YOU TO HOLD

COMMUNICATION

THINK ABOUT YOUR WISHES FOR THE BIRTH AND LEARN ABOUT YOUR RIGHTS COMMUNICATE THESE IN YOUR PREFERRED WAY (SPEAK, TEXT, EMAIL, THROUGH A SUPPORT PERSON) CONSIDER A VISUAL PREFERENCE LIST

EXECUTIVE FUNCTION

IF YOU ARE PLANNING A C-SECTION, A LOT OF ADDITIONAL INFORMATION WILL BE SHARED WITH YOU AND EXTRA APPOINTMENTS MAY BE REQUIRED, INCREASING THE DEMANDS ON YOUR EXECUTIVE FUNCTIONING. YOU CAN ASK FOR SUPPORT INCLUDING APPOINTMENT REMINDERS AND LONGER APPOINTMENTS TO GIVE YOU MORE PROCESSING TIME AND OPPORTUNITIES TO ASK QUESTIONS

MENTAL HEALTH

PREPARING FOR A C-SECTION CAN IMPACT YOUR MENTAL HEALTH IF YOU ARE FEELING ANXIOUS ABOUT THE PROCEDURE AND BEING IN THEATRE. CONSIDER DISCUSSING ANY FEARS AND CONCERNS WITH A BIRTH PROFESSIONAL IN ADVANCE

TO DOWNLOAD OUR REASONABLE ADJUSTMENTS TOOLKIT TO HELP YOU COMMUNICATE YOUR SUPPORT NEEDS, HEAD TO NDBIRTH.COM/DOWNLOADS

