

Big Baby Bull

pregnancybirthandbabies.com/big-baby-bull



(this is not meant as medical advice, this is to remind moms everywhere that **you have rights**.... choose to use them! **Trust** your body! **Choose** care givers who trust your body! Make educated decisions. Care providers give you information... you have to decipher it and choose how to use it, ask questions, get answers you are satisfied with, if you aren't satisfied remember it is never to late to change to a new care provider or you can choose to just say NO!.)

Automatic Cesarean because of suspected Big Baby?

There seems to be a trend of scaring moms about the size of their babies. I have had friends who have had elective cesareans because their OB said their baby was too big to deliver vaginally. No "trial of labor" instead straight to the OR, which puts them and their baby more at risk. The ACOG says that macrosomia (suspected big baby) is **not** a good reason for Induction or Cesarean. So if an OB or Midwife recommend this, question it, ask what does ACOG recommend with macrosomia? Then whip this out of your purse. [ACOG Guidelines of Fetal Macrosomia](#) - They have removed this statement (maybe too many moms were bringing it into their OBs) so here is a statement by the [American Family Physician](#) on macrosomia.

Big Baby
Bull****



I even know a mom who had a previous vaginal birth, so a "proven pelvis", the OB said, baby will be TOO big and scheduled a cesarean. I suggested she could choose to get a second opinion, she didn't (was tired of being pregnant, big and uncomfortable) and the baby was born by cesarean and was **smaller** than her first vaginally born baby. A very unnecessary operation, with a long recovery (LOTS of discomfort) for a mom with a toddler and newborn to take care of.

I understand that OBs are trying to cover their butts, I understand that it is more convenient to schedule an induction or even more convenient and they make more money with cesareans. But is it ethical to give only partial information to these moms? Do they say, your

ultrasound makes it seem like the baby is possibly going to be 10 pounds, but they can be off by up to 2 pounds, so it is possible your baby is only 8 pounds. Do they say, I would like to induce you, but your bishops score is only 3 and you are most likely going to end up with a cesarean. Do they say elective cesareans are actually more risky than vaginal births for both mom and baby?

What about Inducing for suspected Big Baby?

The probably more common approach is for OBs to suggest moms be induced because their babies are getting too big. Many moms at the end of their pregnancy are feeling uncomfortable and are looking for a way to get this baby out, the sooner the better. They are not told the risks of induction, not told their Bishops Score, nor told they are possibly setting themselves up for a cesarean.

Let us also remember that the American College of Obstetricians and Gynecologists do not recommend induction for a big baby, let alone cesarean. Big babies are also known as macrosomia. They have recently found that in addition to it being really difficult to tell the big babies from the regular sized babies via ultrasound, that when you induce a woman who is suspected to have a large baby, she is more likely to have a cesarean section. So it is better to just let nature take its course and all will be well. Especially if the mom is able to move around and push in more upright positions.

Definition of a Big Baby

Lets think of a few things.... what is considered a BIG baby? I had 2 babies around 9 pounds, one exactly 9 pounds and 1 a bit bigger. Everyone seemed very impressed that I had pushed these HUGE babies out of me. Well, did they forget that is exactly what my body is supposed to do? My vagina is meant to stretch, my pelvis is meant to open, my body will grow the perfect size baby for me.

Statistically and medically a 9 pound baby is in the average range. I think people worry about whether or not they're going to be able to buy clothes and carriers etc if their baby is bigger than this, but almost all baby equipment is designed to accommodate all weights. They won't be more expensive for bigger babies either, and even if they are you can just get them second hand from somewhere like shoppok to save a little money. There's really nothing to worry about.

"Babies weighing more than 9 pounds and 15 ounces (4,500 grams) are considered much larger than average. (Average newborn weight is 7 pounds and 8 ounces.) It's very difficult to determine whether a baby is truly macrosomic (literally "of large body") while she's still in the womb – only a post-birth weigh-in confirms it."

ACOG recommends intervention only if baby is over 5000 grams which is 11 pounds. Keep in mind they admit there is NO WAY to know how much a baby will weigh until after the

baby is born. So if they think by ultrasound a baby will be 11 pounds... the baby could actually only be 9 pounds, well within normal. Sometimes you can get better details by getting a portable ultrasound kit from [Butterfly Network](#) and doing many more tests, but it will never be 100% accurate.

Mental Games

What about the simple fact that just saying your baby is getting to big, what does that do to a moms thought process? We are suggestible, especially at times when a person who has "authority" says something. How many moms are psyched out of birthing their babies the way their body knows how to, but that seed of doubt is planted by their care provider.

You can counteract this by saying affirmations to yourself.

My body grows the perfect size baby for ME!

Baby Fat smushes... allowing my baby to easily be born.

My body can easily birth this baby.

Let us remember our bodies will not grow what it can not birth. Which makes me think of a favorite article I read called, [Pelvises I have known and loved](#).

I think hypnosis can help to reprogram your mind and trust in your body. Also the Bubble of Peace you get in Hypnobabies can help bounce negative ideas away from you too. 😊

But the ultrasound/OB said....

But the ultrasound says _____ fill in the blank. "A study comparing fetal weight estimates of clinicians, multiparous patients and ultrasonography found that ultrasound was the least accurate of the three methods.¹³ Limitations in the sensitivity and specificity of ultrasound have been observed in other studies.¹⁵ Despite these limitations, clinicians continue to incorrectly believe that ultrasound is an accurate way of predicting macrosomia.¹⁷" link from <http://www.aafp.org/aafp/20040115/302.html>

You decide what YOU want. Do your research and follow your gut. Do you trust your body to grow the right size baby for you? I know when Carson was born (my first VBAC 9lbs 4oz) my OB said, "If I had known he was that big I wouldn't have let you try for a VBAC." My response was, "Thank goodness you didn't know, because I obviously could do it." Would I have been strong enough to fight for my VBAC if she had doubted in me? I would like to think yes... I know for sure when I was getting huge with Bryson, I knew there would be nothing stopping me from delivering vaginally as long as I was ok and baby ok... size was irrelevant!

That really is a shame, many OBs do see birth as a medical problem instead of a natural event. They are also used to most of their moms having epidurals, which can make pushing any size baby out a bit more challenging at times.

Some good questions to ask are.... "Is Mom OK? Is Baby OK?" If the answer to those are yes, then it isn't medically necessary.

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Her OC Hypnobabies Website is www.enjoybirth.com

Positive Birth Stories and birth video www.pregnancybirthandbabies.com

Great Video about Moms who were told they couldn't birth big babies vaginally, and DID!



Watch Video At: <https://youtu.be/roFvkDV45MM>

Story from an anonymous Labor and Delivery Nurse...

I know it could be any one of us.

I met a dear woman today who had birthed her 8#14 baby vaginally with no problems, in fact the doc didn't make it in time (no shoulder dystocia either). One would 'think' if one was thinking that a 9 pound 9 ounce shouldn't be so much of a problem. And that would be IF the ultrasound was right in predicting the weight.

Her S-ob was bullying her into a cs for the last week or so. She was coming in for induction today but her water broke and she was having contractions. So they started her on the pit as was planned when ob called and said no turn off the pit she needs a cs. Mom did not want a cs. She was contracting every 5 on her own. She finally gave up and agreed to the cs. She told me 'all that mattered was a healthy baby and she couldn't live with herself if the baby died or was damaged. I just cant be selfish about this'.

She had a hard time with the surgery cause it feels so icky, no problem for anyone else in the room, but does not feel right or good to mom. Baby was good so we went straight to mom at 1 minute of age. The husband didn't want her to have the baby! He wanted the baby. I told him, mom first, she is the one that had to get cut open and she asked me to bring baby to her first. Jeeeee. So then we had some daddy time and went off to weigh and all that jazz.

I had to wipe the tears out of my eyes when I saw the scale. 8 pounds 7 ounces. Doc asked me the weight, and I told him. So he starts justifying it. Oh yeah well I told you (mom) that it could be off by a pound. Baby was malpositioned anyhow. This was a good decision anyhow.

No one is safe from a cs anymore. The only way to have a vaginal birth anymore is to stay home. We had a first timer have a vaginal and I said to everybody (not the family but everyone else working today) "what happened? Did one slip out before we could c-section her???"

It is just so wrong. I know I make a difference in how my babies and families are treated as a family unit. I know it is huge, especially after all your stories about how badly your babies are treated. But really, am I just fooling myself? Am I just part of this poison? I am so flipping depressed in my job over seeing this every day, I am beginning to think I should go work in hospice. Ortho. Infusion. Something, anything else.

