



Every pregnant woman hopes for a safe, satisfying birth experience.

But there are a lot of misconceptions about childbirth. It can be hard to know what is best for you and your baby.

The Power to Push Campaign can help.

Developed by the maternity experts at BC Women's Hospital & Health Centre, we offer up-to-date and reliable information about your options for giving birth in British Columbia.



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→ [www.powertopush.ca](http://www.powertopush.ca)

BC Women's is one of Canada's busiest maternity hospitals, and the only facility in BC devoted primarily to the health of women, newborns, and families. An agency of the Provincial Health Services Authority, BC Women's is committed to excellence in care, research and teaching.



→ Push for the best birth possible.



[www.powertopush.ca](http://www.powertopush.ca)


A project of BC Women's Hospital & Health Centre

## → Power to Push

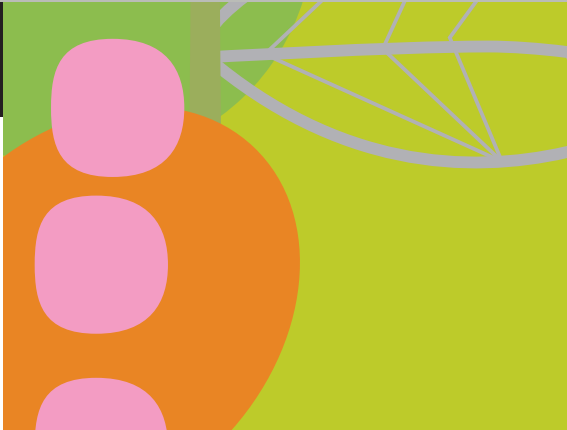
The Power to Push Campaign is your trusted source for up-to-date information about childbirth in BC.

We encourage pregnant women and their families to know their options, advocate for their choices, and push for the safest and best birth possible. The Campaign also offers research-based information and resources to maternity care providers in BC, to help them support women's childbirth choices.

The Power to Push Campaign is especially helpful for pregnant women who have had a previous cesarean birth or have a baby in a breech (head-up) position. We bring you trusted and reliable information about the different options you have, including vaginal birth after cesarean (VBAC), repeat cesarean, and turning or giving birth to a breech baby.



The Power to Push Campaign is brought to you by the maternity experts at BC Women's Hospital & Health Centre, one of Canada's busiest maternity hospitals.



### Visit the Power to Push Campaign online

Visit our website at [www.powertopush.ca](http://www.powertopush.ca) to learn more about childbirth in BC. Use the website to:

**Learn** about the different birth options available, including their health benefits and risks. You can also learn about your choices for maternity care providers.

**Connect** with maternity experts at the Best Birth Clinic at BC Women's Hospital & Health Centre in Vancouver. The clinic offers information and medical consultation to pregnant women who have had a previous cesarean birth, are carrying a breech baby, or are considering cesarean birth for non-medical reasons.

**Explore** videos featuring real women sharing their personal birth stories and childbirth wisdom.

**Share** your own story about your birth choices and experiences at: [www.facebook.com/powertopush](https://www.facebook.com/powertopush).

**Join** the Power to Push Campaign community and connect with others through social media like YouTube and Twitter (@powertopush).

### About Us

The Power to Push Campaign was developed by the Cesarean Task Force, a collaborative group of obstetricians, midwives, family doctors, nurses, anesthesiologists, pediatricians, researchers and administrators at BC Women's Hospital & Health Centre. Our goal is to lower the overall rate of cesarean birth at BC Women's by helping women make informed choices about how they want their baby to be born.