

Irish Midwife Reduces Caesarean Sections with Coffee

Midwife Tracy Donegan is changing the way Mums access antenatal education in Dublin with her free 'coffee, chat and childbirth' meetings for Mums to be.

DUBLIN, IRELAND, November 10, 2013 /EINPresswire.com/ -- Midwife and [author](#) Tracy Donegan is changing the way Mums learn about birth choices with the lure of good coffee and an informal chat about childbirth options in Dublin hospitals.



Mums who learn how to navigate Irish maternity services are more likely to have a positive birth and avoid an unnecessary caesarean section”

Tracy Donegan

According to Donegan caesarean rates are continuing to climb and Mums are worried” says the Mother of two. “Bringing antenatal education out of the hospital and in to the community is the way of the future – antenatal education needs to adapt to the lifestyle of the modern mum to be. Women are not satisfied anymore with sitting

in hot overcrowded boring classes so they are not bothering with classes. Hospital classes can’t provide individualised content so Mums may not have an opportunity to have their questions or fears addressed. Our format for ‘coffee, chat and childbirth’ is that Mum sets the agenda. Everyone’s questions are important. It’s also a great opportunity to meet up with other likeminded Mums who are preparing for the best birth possible.”

Donegan who also teaches couples weekend [GentleBirth](#) workshops believes that Mums who learn how to [navigate](#) Irish maternity services are more likely to have a positive birth and avoid an unnecessary caesarean section. (<http://www.GentleBirth.ie>). “The national caesarean section rate is about 30% and climbing – my clients rate of emergency caesarean section is 6% - knowledge is power” Donegan hosts her ‘coffee, chat and childbirth’ meetups on a monthly basis in Costa Coffee in Gullivers Retail Park Santry. “We may need to find a new location soon” says Donegan – we had 23 Mums at the last one (and a few Dads too)”.

To speak to Tracy about ‘Coffee, Chat and Childbirth’ contact Tracy at 087 057 2500 or via email at tdonegan@gentlebirth.com. The next meetup is Sunday December 1 from 10.30am – 1.30pm.

About

Tracy Donegan is a Midwife, author and Founder of GentleBirth.

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