Name: _Lucy Siranides_____

Birthing Option: _Silent Birth_____

Pro	Con
- Practice religious beliefs - Calm, peaceful environment - Words spoken are recorded in the reactive mind and can have an aberrative effect on the mother and the child (Scientology belief) - Shield newborns from supposedly harmful words heard during the traumatic birth process (Scientology belief)	- Impaired bonding process → no verbal communication/connection - Sensory deprivation to infant → can become despondent - The baby has been able to hear internal and external noises inside the womb → sudden silence may be frightening - Mother cannot let out emotions or ask questions - Healthcare professionals cannot communicate with each other or with the parents → could pose a safety risk

From your research, would you recommend this birthing style? Why?

From my research, I would not recommend the birthing style of "silent birth." The research suggests that there are no evidenced-based facts that silent birth benefits mother or baby. Silent birth is more of a religious practice/belief from Scientology. Silent birth poses major safety risks due to verbal communication being completely restricted. Not only can the mother not speak, the healthcare professionals also cannot speak with the mother, father, or the other members of the healthcare team. Therefore, if something were to go wrong, it would be extremely difficult for the doctors, nurses, and others to treat the mother and baby efficiently and effectively. Additionally, most who request a silent birth also remain silent for the first week of the newborn's life. Without verbal connection between mother and baby, bonding may be in jeopardy. It is also important for the baby to use their senses for cognitive and emotional development. Overall, if a mother's religion and/or beliefs allow, I would opt for a less restrictive type of birth in order to promote safety.