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“Vagina Monologues for Birth” Explores the Issues of Being Born

Physician Group’s Resolution More Fuel For Childbirth Activists to Put On a Play to Protect Birth Choices

New York (August 11, 2008) - Hailed as “The Vagina Monologues for birth” by women’s health expert Christiane Northrup, MD, this September over one hundred performances of Karen Brody’s critically acclaimed play “Birth” will take place as a part of BOLD, a global arts-based movement inspiring communities to create childbirth choices that work for mothers.

BOLD, comprised of local grassroots childbirth activists, is alarmed by a recent resolution this summer sponsored by the American College of Obstetricians and Gynecologists and adopted by the American Medical Association suggesting home birth and “lay” midwives are not safe options for giving birth despite clear medical evidence to the contrary. BOLD challenges this assertion and believes resolutions like this significantly jeopardize the right every woman has to make the birth choice that works for her.

The largest, most respected study of home births from the *British Journal of Medicine* found that among 5,000 low-risk pregnancies, babies were delivered just as safely at home with a certified professional midwife as in a hospital. (<http://www.bmj.com/cgi/content/full/330/7505/1416?ehom>)

“Now is a critical moment in childbirth, one where we have found the institutions who are supposed to keep us healthy and safe have instead ignored the medical evidence,” says BOLD founder Karen Brody. “The evidence clearly states a hospital is not the only setting in which women can give birth safely. It’s critical this information is known by women, now more than ever. Keeping safe, low-intervention childbirth options from mothers is essentially robbing women of the opportunity to obtain a powerful birth experience.”

BOLD’s theatre-for-social change model brings together artists, community groups and childbirth leaders for performances of the play “Birth” to address the growing crisis in childbirth choices for mothers. Performances will take place this September in cities including San Francisco, Seattle, Atlanta and Denver among others.

Brody’s play, “Birth”, tells the birth stories of eight women, painting a disturbing picture of how low-risk, educated mothers are giving birth today in America. Performances of the play raise awareness and money for organizations dedicated to creating childbirth choices that work for mothers, including the Coalition for Improving Maternity Services and many local childbirth organizations.

“Through my play “Birth” and the BOLD movement we have seen how art can influence change,” stated Brody. “The time is now to make childbirth choices work for mothers and help women access the power available to them when giving birth.”

A special paperback edition of the play, including a foreword by Dr. Christiane Northrup and emails and stories from BOLD locations, is now available from AuthorHouse and from booksellers.

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BOLD is a global arts-based movement to create childbirth choices that work for mothers. To learn more about BOLD visit www.boldaction.org.