

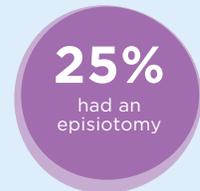
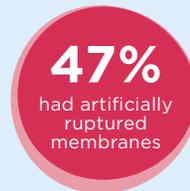
6 SIMPLE STEPS FOR A SAFE & HEALTHY BIRTH



There is A LOT of medical research that tells you and your care provider what kind of care will most likely keep your baby's birth SAFE and HEALTHY.

BUT, THE CARE PREGNANT PEOPLE RECEIVE DOESN'T ALWAYS MATCH THE RESEARCH.

Despite risks and limited benefits, a survey¹ of new parents showed:



Even though they are **"ROUTINE"** practices, some can actually make childbirth **MORE DIFFICULT** and **LESS SAFE**.

KEEP CHILDBIRTH SIMPLE!

Lamaze has summed up years of research into 6 Healthy Birth Practices, proven to promote the safest, healthiest birth possible for parents and babies.

1

Let labor begin on its own.

- Normal pregnancy lasts 38-42 weeks!
- Natural start of labor usually means your body and your baby are ready for birth
- Induction could make contractions harder and stress the baby



4

Avoid interventions² that are not medically necessary.

- Many of these disrupt the birthing process, making it more difficult
- Choose a birth setting with a low rate of interventions
- Ask if your care provider routinely uses any interventions
- During labor, ask if there is another alternative



2

Walk, move around and change positions throughout labor.

- Help your uterus work more efficiently
- Use upright positions and gravity to help pull baby down
- Actively responding to labor may help you feel more confident, less afraid



5

Avoid giving birth on your back and follow your body's urge to push.

- Use gravity to your advantage to shorten the pushing stage
- Push when your body tells you
- Use upright or side-lying positions
- Adjust the hospital bed to support your position.



3

Bring a loved one, friend or doula for continuous support.

- Praise, reassurance and encouragement decrease stress
- Physical support can help decrease pain
- Informational support can increase confidence



6

Keep your baby with you - it's best for you, your baby and breastfeeding.

- Skin-to-skin during the first hour helps baby transition
- Weighing and other routine procedures can wait
- Ask which procedures can be done while holding baby
- Rooming with baby doesn't prevent you from sleeping



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1. Declercq ER, Sakala C, Corry MP, Applebaum S, Herrlich A. Listening to MothersSM III: Pregnancy and Birth. New York: Childbirth Connection, May 2013. http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III_Pregnancy-and-Birth.pdf.

2. The American College of Obstetricians and Gynecologists Committee on Obstetric Practice Society for Maternal-Fetal Medicine (2017). Definition of Term Pregnancy. Retrieved from <https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Definition-of-Term-Pregnancy>

3. Amis, D. et al. (2014). Healthy Birth Practices #1 - #6. *The Journal of Perinatal Education*, 23(4), 178-217.

4. The American College of Obstetricians and Gynecologists. (February, 2017). Approaches to Limit Intervention During Labor and Birth. Retrieved from <https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Approaches-to-Limit-Intervention-During-Labor-and-Bir> th