

WHO SAYS THREE'S A CROWD? BRING THE LABOR SUPPORT YOU'LL NEED!



It's helpful to have continuous support from loved ones, friends and nurses. But research suggests having a doula on your team improves outcomes most.¹



Lower risk of a cesarean



Less use of pain medication



Reduced risk of vacuum or forceps



More likely to have a positive birth experience

IN LABOR, YOU NEED EXPERT CARE...

but you also need comfort, encouragement, information, physical and emotional support.

You might think that your nurse will provide this support, but nurses have many other responsibilities.

Nurses take care of your health and safety. Your partner and doula will be with you continuously, contraction-by-contraction.



Caring for multiple people



Managing technology



Record-keeping

SAVVY PARENT TIP

In most hospitals **NURSES CANNOT realistically stay by your side throughout your entire labor.**

HOW CAN YOUR PARTNER AND DOULA HELP YOU?³

Provides physical and emotional comfort

Partner



Helps you relax and stay positive

Communicates your needs during labor

Understands and cares for you

Is a resource before, during and after birth

Doula

Suggests techniques for pain relief

Helps partner provide support

Assists with breastfeeding

Helps you find comfortable positions

Provides tips on how to relieve stress

Supports you in advocating for your wishes

Understands birth

GET THE SUPPORT YOU NEED AND PUSH FOR BETTER CARE

1

Attend class as a team!

Enroll your partner, family member or friend in your Lamaze class. The more they know about how to have a safe and healthy birth, the more helpful they can be on the birth day.

2

Pick the pro

Consider a doula. Interview 2-3 doulas to understand their perspectives and experience. Chemistry is key, as is their knowledge.

3

Tap your team

Your whole team – your partner, family, nurse, doula, midwife and doctor – plays an important role. Make your needs clear so you get support through your entire labor.

VISIT WWW.LAMAZE.ORG TO LEARN MORE.



1 Bohren, M.A., Hofmeyr, G.J., Sakala, C., Fukuzawa, R.K., & Cuthbert, A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews, 2017(7), 1-169. Retrieved from <http://www.nationalpartnership.org/research-library/maternal-health/continuous-labor-support-cochrane-review-2017-takeaways.pdf>
<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003766.pub5/abstract;jsessionid=10A630308980E1422671517FFCB76864.f01t01>

2 Childbirth Connection. (2018). Retrieved from <http://www.childbirthconnection.org/giving-birth/labor-support/research-evidence/>

3 Hotelling, B.A. (2012, April 24) [Web log post]. Supporting cast: You're not in this alone. Surround yourself with a caring birth team. Retrieved from <http://www.lamaze.org/p/bl/et/blogid=3&blogid=17>