

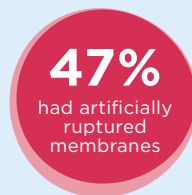
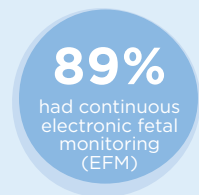
# 6 SIMPLE STEPS FOR A SAFE & HEALTHY BIRTH



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 survey<sup>1</sup> 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 interventions<sup>2</sup> 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 Mothers<sup>SM</sup> 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](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