

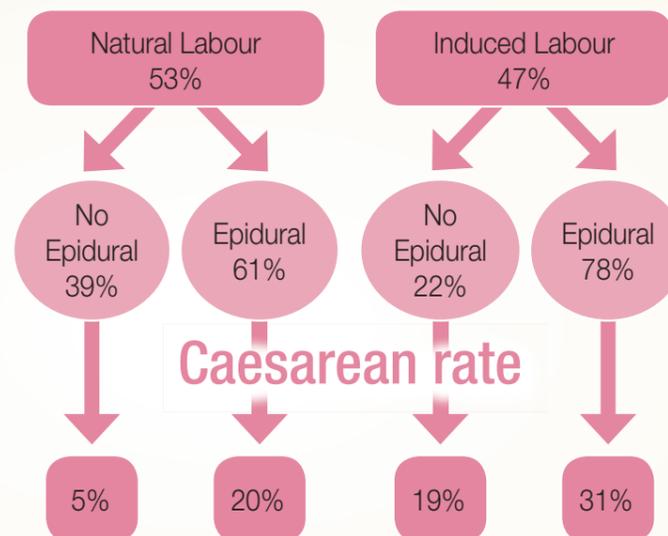
# Safe healthy birth

## What every pregnant woman needs to know

### Cascade of Interventions

- Induction of labour
- Pitocin drip
- Increased pain
- Fear and anxiety
- Epidural
- Reduced mobility
- Electronic foetal monitoring
- Foetal distress
- Forceps/vacuum/episiotomy
- Caesarean
- Baby breathing difficulties
- Slow to suck
- Jaundice
- Separation of mom and baby
- No skin to skin
- Problems with breastfeeding

### Labour induction



### The evidence for doulas

- 31% decrease in Pitocin
  - 9% decrease in use of medications for pain relief
  - 28% decrease in risk of caesarean section
  - 14% decrease in risk of newborn admission to special care nursery
- EvidenceBasedBirth.com

Making safe, informed decisions about your body and your baby is imperative for expecting moms.

### Evidence-based maternity care

Evidence-based maternity care means practices that have been shown by the highest quality, most current medical evidence to be most beneficial to mothers and babies (reducing incidences of injuries, complications, and death), with care tailored to the individual.

### Steps to a healthy safe birth

1. Let labour begin on its own. Natural start of labour generally means your body and baby are ready for birth.
2. Walk, move and change positions throughout labour. Use upright positions to open your pelvis to the maximum and stay upright using gravity to pull the baby down.
3. Have a doula or labour support person with you.
4. Avoid interventions that are not medically necessary. These often interrupt the process of birth – induction, artificial rupture of membranes, IV fluids, continuous foetal heart monitoring, restricted food and drink for mom during labour, epidural, caesarean.
5. Keep mom and baby skin to skin – it's best for mom, baby and breastfeeding.



Find a childbirth educator in your area  
[www.expectantmothersguide.co.za](http://www.expectantmothersguide.co.za)  
[www.pregnancyeducation.co.za](http://www.pregnancyeducation.co.za)

