

# Healthy Birth Practice #1

## Let Labor Begin on its Own

- Pregnancy
- Anatomy and Physiology: Normal Physical and Emotional Changes
- Warning Signs: When to Contact Your Healthcare Provider
- Healthy Lifestyles
- Physiologic Birth Process
- Recognizing Birth as a Healthy Process
- Role of Birth Hormones
- Definitions of early-term, full-term, late-term and post-term pregnancy
- Stages and Phases of Labor
- Physical and emotional responses of birthing person
- Last weeks of pregnancy
- Onset of labor
- Role and Purpose of Pain in Labor
- Variations in Labor
- Prolonged or precipitous labor
- Back labor

## **Healthy Birth Practice #2**

### **Walk, Move Around, and Change Positions Throughout Labor**

- Movement and Positioning to Aid Labor Progress and Comfort
- Fetal descent through the pelvis
- Non-pharmacologic Comfort and Relaxation
- Comfort measures
- Creating a positive birth environment
- Strategies for building and maintaining confidence
- Safe and Healthy Breathing Strategies

## **Healthy Birth Practice #3**

### **Bring a Loved One, Friend, or Doula for Continuous Support**

- Labor Support Team
- Defining roles
- Communication

## Healthy Birth Practice #4

### Avoid Interventions That Are Not Medically Necessary

- How Medical Interventions Influence the Normal Course of Labor, Birth, Breastfeeding and Early Postpartum
- IV fluids, saline lock, food restrictions
- Electronic fetal monitoring
- Induction & augmentation
- Artificial rupture of membranes
- Pharmacologic pain management options
- Episiotomy
- Instrumental delivery
- Cesarean Surgery
- Indications and risks

## Healthy Birth Practice #5

### Avoid Giving Birth on Your Back and follow Your Body's Urges to Push

- Physiologic/Hormonal Response in the Second Stage
- Positions for Pushing
- Directed vs. Spontaneous Pushing/Breathing
- Support Team's Role
- Stage III: Placental Release

## Healthy Birth Practice #6

### Keep Your Baby With You - It's Best For You, Your Baby and Breastfeeding

- Healthy Transition
- No Separation of Mother and Baby
- Physiologic (delayed) cord clamping
- Importance of skin-to-skin contact
- Common Newborn Procedures
- Importance of Breastfeeding
- Feeding and satiety cues
- Risks of not breastfeeding
- When to ask for help: resources for lactation support
- Normal Newborn Appearance and Behaviors
- Activity
- Sleep states
- Soothing

## Postpartum

- Normal Physical and Emotional Changes
- Healthy Lifestyles
- Post-Birth Warning Signs
- Perinatal Mood and Anxiety Disorders
- When to Connect with your Healthcare Provider