

Will You Push for Your Baby?



DOCTORS RECEIVED
18 NEW
EVIDENCE-BASED

RECOMMENDATIONS ON HOW TO
PREVENT A FIRST CESAREAN

THE INSTITUTE OF MEDICINE SAYS IT TAKES AN AVERAGE OF



17 YEARS
FOR PROFESSIONALS
TO CHANGE

THE WAY THEY PRACTICE MEDICINE, BASED ON EVIDENCE

YOUR PREGNANCY IS AROUND

40 WEEKS



THINGS ARE
CHANGING

DON'T GET STUCK
WITH OUTDATED PRACTICES
IN YOUR PREGNANCY AND BIRTH



Take a
Lamaze Class



Learn how to push
for the best care



Get up to date on the
18 new recommendations

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE.
VISIT WWW.LAMAZE.ORG/PUSHFORYOURBABY TO LEARN MORE.

Lamaze
International

Push
for your baby

¹ Safe Prevention of the Primary Cesarean Delivery https://www.acog.org/Resources_And_Publications/Obstetric_Care_Consensus_Series/Safe_Prevention_of_the_Primary_Cesarean_Delivery

² Crossing the Quality Chasm: A New Health System for the 21st Century <http://www.iom.edu/-/media/Files/Report%20Files/2001/Crossing-the-Quality-Chasm/Quality%20Chasm%202001%20%20report%20brief.pdf>