

Who Says Three's a Crowd? Bring the Labor Support You'll Need!

THERE ARE SEVERAL

**PROVEN BENEFITS^{1,2} OF HAVING
CONTINUOUS SUPPORT THROUGHOUT LABOR.**



Risk of cesarean decreased by **28%**



Epidural use decreased by **9%**



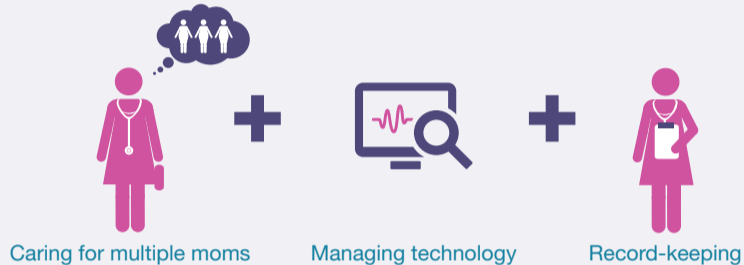
Pitocin for induction dropped by **31%**



Likelihood of spontaneous vaginal birth increased by **12%**

**IN LABOR, YOU NEED EXPERT CARE
BUT YOU ALSO NEED COMFORT, ENCOURAGEMENT,
INFORMATION, PHYSICAL AND EMOTIONAL SUPPORT.**

Many women expect to get all the support they need from their nurses. But many demands are placed on nurses and it's not always realistic.



If your nurse can't provide **contraction-to-contraction support**, a partner or doula by your side means you'll have **constant help!**

SAVVY MOM TIP

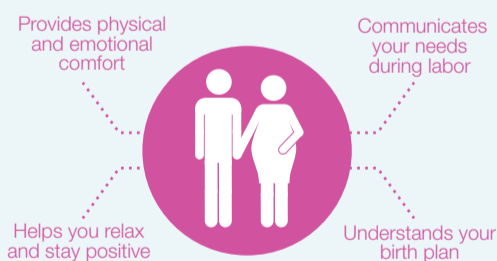
ON YOUR HOSPITAL TOUR

ASK WHETHER YOU CAN *realistically* EXPECT YOUR NURSE TO STAY BY YOUR SIDE THROUGHOUT LABOR.



HOW CAN YOUR PARTNER AND DOULA HELP YOU?

PARTNER



DOULA



**GET THE SUPPORT YOU NEED AND
PUSH FOR BETTER CARE!**

ATTEND CLASS AS A TEAM!

Enroll your partner, mother or sister 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.



PICK THE PRO

If you decide to hire a doula, interview 2-3 to understand their perspectives and insights. Chemistry is key, as is their advice.



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.

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



¹Hodnett, E.D., Gates, S., Hofmeyr, G.J., Sakala, C. (2013). Continuous support for women during childbirth. Cochrane Database of Systematic Reviews, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003766.pub5/abstract;jsessionid=10A630308980E1422671517FFCB76864.f01101>

²Dekker, R. (2013, March 27). The Evidence for Doulas. Retrieved from <http://evidencebasedbirth.com/the-evidence-for-doulas/>

³Hotelling, 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&blogaid=17>

⁴Harms, R.W. (2013, February 8). Labor and Delivery. What are the benefits of having a doula? Retrieved from: <http://www.mayoclinic.org/healthy-living/labor-and-delivery/expert-answers/doula/faq-20057910>