

SIX HEALTHY BIRTH PRACTICES

5 Upright and Spontaneous Pushing

6 Keep Mother and Baby Together

1 Let Labor Begin On Its Own

supports
good
outcomes

4 Avoid Routine Interventions

2 Walk, Move, Change Positions

3 Continuous Labor Support

Visit lamaze.org/HealthyBirthPractices for information and to watch videos demonstrating each healthy birth practice.

**Lamaze offers helpful tools, resources
and information online in a variety of formats.**

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