

Who Should Be My Pregnancy Care Provider?

and most important

THE FIRST ^ DECISION IN PREGNANCY

ALL PARENTS WANT WHAT'S BEST FOR BABY.

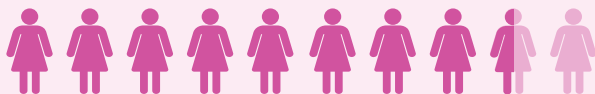


THE BEST CARRIER, CAR SEAT, STROLLER – AND OF COURSE HEALTHCARE PROVIDER!

When it comes to finding a provider for you and baby, pick the one who will support you in the **safest, healthiest** birth possible.

DID YOU KNOW?

85% of women who birth in hospitals are considered low-risk...



...and 100% of those women are candidates for midwifery care.

YET in 2012... the CDC reported 86% of births were attended by **physicians** and only 8% attended by **midwives**.¹

ASK QUESTIONS TO GET THE CARE YOU WANT!

- ✓ What is your care provider's cesarean birth rate?
- ✓ Do you routinely induce labor at 39 weeks?
- ✓ Are there policies against going to 40 to 42 weeks?
- ✓ Do you limit the length of labor?
- ✓ How do you describe your support for a low medical intervention birth – including epidural, episiotomy, moving around during labor or eating and drinking during labor?

UP TO DATE!

IN THE UK, THE NEWEST GUIDELINES SAY THAT MIDWIFE-LED CARE DURING LABOR FOR WOMEN WITH **UNCOMPLICATED, LOW-RISK** PREGNANCIES IS **SAFEST**.⁴

YOU MIGHT BE CONSIDERED HIGH-RISK IF:

- You're pregnant with multiples
- You have a health problem (pre-existing or pregnancy related)
- Your baby has a health concern

WHAT ARE YOUR OPTIONS??

Provider	Specialty	Location	Intervention Rate
Midwife	Complete women's care, prenatal, labor, birth and postpartum care for low-risk women. Physician support, if needed	Hospital, in-hospital or freestanding birth center and home	Low rates of medical interventions (induction, continuous EFM, episiotomy), low cesarean rate
Family Physician	Complete healthcare for all ages and genders. About 25% deliver babies, manage routine care and refer to OB for complications ³	Hospital, in-hospital birth center	Many may recommend medical interventions, including cesarean
OB/GYN	Complete women's care, prenatal, labor and birth care, expertise in high-risk pregnancy and surgery	Hospital, in-hospital birth center	Many may recommend medical interventions, including cesarean
Maternal-Fetal Medicine Specialist	Non-routine women's care, prenatal, labor and birth care for high-risk pregnancy and surgery	Hospital	Higher rate of interventions, due to complicated health conditions of mom or baby

PICK THE RIGHT PROVIDER TO CARE FOR YOUR BABY.

1

Take a Lamaze class and get educated on all of the **options**.

2

Talk to friends and family about their **experience**.

3

Trust your instincts and pick the provider that's **right** for you and baby.



REMEMBER – IT'S NEVER TOO LATE TO MAKE A CHANGE IF YOU HAVE CONCERNS!

TO LEARN MORE ABOUT CHOOSING THE RIGHT HEALTHCARE PROVIDER FOR YOU AND BABY, SIGN UP FOR A LAMAZE CHILDBIRTH EDUCATION CLASS IN-PERSON OR [ONLINE](#).

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



1 Moore, E.R., Anderson, G.C., Bergman, N., Dowswell, T. (2012). Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database of Systematic Reviews 2012, Issue 5. Art. No.: CD003519*. DOI: 10.1002/14651858.CD003519.pub3 <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003519.pub3/abstract>

2 American Academy of Family Physicians. (2007). Breastfeeding, family physicians supporting (Position paper). Retrieved from <http://www.aafp.org/about/policies/all/breastfeeding-support.html>

3 Rabe, H., Diaz-Rosello, J.L., Duley, L., Dowswell, T. (2012). Effect of timing of umbilical cord clamping and other strategies to influence placental transfusion at preterm birth on maternal and infant outcomes. *Cochrane Database Systematic Reviews 2012, Aug. 15. Art. No.: CD003248*. DOI: 10.1002/14651858.CD003248.pub3 <http://www.ncbi.nlm.nih.gov/pubmed/22895933>

4 Crenshaw, J. (2007). Care Practice #6: No separation of mother and baby, with unlimited opportunities for breastfeeding. *The Journal of Perinatal Education, 16*(3) 39-43. Retrieved from <http://dx.doi.org/10.1624/105812407X217147>