

Lamaze Healthy Birth Practices



Lamaze healthy birth practices are based on the best medical evidence available, and are designed to promote a safe and healthy pregnancy and birth

- **Let labor begin on its own**
Letting the body go into labor on its own is almost always the best way to know that the baby is ready to be born and the body is ready for labor.
- **Walk, move around and change positions throughout labor**
Moving in labor (not confined to a bed) helps women cope with strong and painful contractions, while gently moving the baby into the pelvis and through the birth canal.
- **Bring a loved one, friend or doula for continuous support**
In childbirth, a woman feels better when supported by people she trusts and those who use encouragement.
- **Avoid interventions that are not medically necessary**
When interventions (e.g., induction, epidural, continuous monitoring) are used in a routine manner, women and babies are exposed to unnecessary risks.
- **Avoid giving birth on the back and follow the body's urges to push**
Upright positions are safe during pushing and can make it easier to push the baby out. This could mean squatting, sitting or lying on the side
- **Keep mother and baby together – it's best for mother, baby and breastfeeding**
Mother and baby share a natural instinct to be close after birth, and experts recommend that a healthy newborn be placed and cared for skin-to-skin on the mother's abdomen or chest.

For more information about Lamaze healthy birth practices, please contact Tatiana Koontz, LCCE by visiting www.mamababyandbeyond.com or by email doulatatiana@gmail.com.