

Expecting?

Know Someone Who Is?

KNOW YOUR OPTIONS!

- ❖ **The attitudes you and your supporters have about birth influence the outcome.** Birth is a natural, healthy process. It's an important event for everyone involved, especially the child being born.
- ❖ **People find delivering at a birthing center or at home more comfortable than at a hospital.** For over 80% of pregnancies, birthing at home or at a center is safer for mother and child.
 - ❖ **OBs are not the only people qualified to deliver babies.** Midwives spend more time with women than obstetricians. Midwives assist women through the entire prenatal, labor, and post-birth process. They deliver in hospitals, birthing centers, at home, and are an inexpensive, higher quality alternative.
 - ❖ **What is a doula?** Doulas are childbirth companions who can support the woman (and family) before, during, and sometimes after any kind of labor and delivery.
 - ❖ **What's the benefit of a doula and/or midwife?** Good midwives and doulas are kind, compassionate, and entirely devoted to the needs of mother and child.
 - ❖ **Assuming comfortable positions during labor and childbirth is key to insuring a successful delivery.** Popular options include water birth and birthing stools.
- ❖ **It's not only possible but also safe to deliver vaginally after a Cesarean section.**
- ❖ **Prepare ahead of time and stay flexible.** Research and sketch a "Birth Plan." Choose your supporters and discuss your preferences with them.



Get more information at www.NotJustSkin.org

- ❖ **In the U.S., birth is a 50+ billion dollar per year industry.** Hospital births cost roughly \$8,000 to \$10,000 for vaginal delivery or \$16,000 to \$20,000 for a Cesarean (C-section).
- ❖ **The need for C-section is rare.** At least two-thirds of C-sections in the U.S. are unnecessary and put the baby and mother at higher risk. C-sections also cause unnecessary mother-baby separation and result in more difficult recovery than vaginal birth.
- ❖ **Unnecessary induction is risky.** Natural labor is triggered by communication between the maturing baby and the woman's body. This may happen before or after the due date, which is only approximate. Artificial induction partially ripens the woman's body, but not the baby's, denying the child invaluable development time and increasing risks of complications and invasive interventions.
- ❖ **Episiotomy (cutting the vagina during birth "to avoid tearing") is never necessary, yet routinely performed.** It is more advisable to tear than to be cut. There are other effective tear prevention techniques.
- ❖ **Epidurals may seem convenient, yet they can trigger a cascade of complications.** If you are considering one, read about their adverse effects. There are alternative methods of pain management during childbirth.
- ❖ **Breastfeeding is beneficial for mothers and children.** Breast milk provides optimal nutrition for infants.
- ❖ **Keep your child close to you after birth.** Newborns need skin-to-skin contact and to breastfeed at will. There is no such thing as "spoiling" an infant.
- ❖ **Having a foreskin is good for children and adults.** Circumcision is painful, harmful, traumatic, and it interferes with developmental bonding. With no medical basis, circumcision is performed on approximately 60% of infant boys in the U.S. The number of people choosing circumcision for their sons is declining.



Promoting Safer Medical Practice and Human Rights for Everyone
 Informed Adults – Healthy Kids