

10 Tips for Your Best Birth

- Women should have the option to participate in decisions about their birth experience.
- The mom's health team should provide emotional support and her well-being should be ensured through access of family members during birth and throughout the postnatal period.
- The healthy newborn should remain with the mother whenever possible.
- Unrestricted mother-infant contact after delivery and unrestricted breast-feeding reduce breast-feeding failure.
- Women should decide which position to adopt for delivery.
- Separating healthy mothers and babies routinely should be avoided.
- Routine administration of analgesic or anesthetic drugs should be avoided.
- Electronic fetal monitoring should not be routine.
- Artificial early rupture of membranes, as a routine process, is not justifiable.
- Since enhanced social and psychological support from caregivers reduces negative outcomes – leaving women unattended during labor should be avoided.

These recommendations come from the World Health Organization's guidelines for a better birth.

**Learn more at:
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