



## Lamaze Can Help Simplify Your Pregnancy and Birth

*A recent survey of women in their childbearing years found that those who took Lamaze were more satisfied with the care they received in pregnancy and birth than women who took a childbirth education class other than Lamaze, or those who took no class at all. Whether you are a first-time or an experienced parent, the task of giving birth can feel overwhelming. Lamaze education is designed to give you the information you need to make the healthiest decisions for your baby, and give you more confidence in your body's natural ability to go through the process.*

- **Simplify Birth.** Childbirth can be demanding on a woman's body and mind, but Lamaze can help simplify the process with a natural approach that alleviates a woman's fears and helps her manage pain – all with the goal of a safe and healthy birth, based on current evidence.
  - Lamaze takes the mystery out of the childbirth process by helping you better understand how your body works, and what you can do to benefit you and your baby during the childbirth process.
  - There are many ways to manage the challenges associated with birth – including pain. Lamaze can help you understand all of your options so you can make informed decisions and learn how to achieve greater comfort during labor and birth.
  
- **Use a Proven Approach.** Lamaze practices are based on the best medical evidence available, and are designed to promote a safe and healthy pregnancy and birth.
  - Every mother wants the best care possible in pregnancy and birth. By becoming familiar with the key components to good care, you can be an *active* partner with your provider in getting the most optimal care for you and your baby.
  - Lamaze education is based on the best medical evidence, and millions of pregnant women have taken Lamaze classes over the years. The principles Lamaze is based on are just as relevant today as they always have been.
  
- **Improve Childbirth Understanding.** The best start for mothers and babies is a safe and healthy pregnancy and birth, based on current evidence. Lamaze can help women achieve this – and help them feel confident about giving birth – by serving as a resource for information about what to expect and the best options available during the childbirth process.
  - Lamaze is an essential resource for helping women understand how decisions about your care during pregnancy and childbirth can positively affect you and your baby.
  - Lamaze can help you feel more prepared for and satisfied with your childbirth experience.
  - By educating yourself about pregnancy, childbirth and early parenting, you are making a good investment in you and your baby.
  
- **Work as a Team.** Women, families, providers and Lamaze educators each have an important role in the process of pregnancy, childbirth and early parenting, and make up a community that works together to help women and babies achieve safe and healthy outcomes.
  - Lamaze can help you work effectively with your provider so that together, you can make decisions you feel good about, and ensure a safe, healthy and satisfying childbearing experience.

For more information about Lamaze and how it can help simplify the pregnancy and birthing process, please visit [www.lamaze.org](http://www.lamaze.org) or contact us at [info@lamaze.org](mailto:info@lamaze.org).