Founded in 1960, Lamaze International is a non-profit organization and trusted global leader, with a mission to advance safe and healthy pregnancy, birth, and early parenting through evidence-based education and advocacy. Lamaze works to ensure all parents feel confident, supported, and empowered as they ask questions, make decisions, and navigate their path through pregnancy, birth, and early parenthood.

LAMAZE SIX HEALTHY BIRTH PRACTICES

1. Let labor begin on its own.
2. Walk, move around and change positions throughout labor.
3. Bring a loved one, friend or doula for continuous support.
4. Carefully evaluate the need for medical interventions.
5. Avoid giving birth on your back and follow your body’s urges to push.
6. Keep mother and baby together; it’s best for mother, baby and breastfeeding.

As the leading provider of evidence-based childbirth education, Lamaze plays a critical role in improving birth outcomes and reducing maternal mortality rates by helping individuals and families make informed decisions about pregnancy and childbirth.

Lamaze meets parents at the critical stage of pregnancy, and works with healthcare providers to make comprehensive, evidence-based childbirth education more accessible. Lamaze continues to work with lawmakers to establish evidence-based childbirth education as a key approach for improving birth outcomes and reducing maternal mortality. Clinical and community-based facilities, as well as Title V state maternal-health programs, use Lamaze content to educate parents about childbirth and to set practice standards.

Lamaze bases its curriculum on its Six Healthy Birth Practices—evidence-based principles grounded in the latest research and backed by recommendations of the World Health Organization. These practices reduce unnecessary medical procedures, potential labor complications, and cesarean deliveries. The six practices include: 1) letting labor begin on its own; 2) moving and changing positions throughout labor; 3) including a loved one, friend, or doula for support; 4) avoiding medically unnecessary interventions; 5) pushing when your body is ready and not staying on your back during birth; and 6) engaging in skin-to-skin contact immediately after birth to bond and facilitate breastfeeding.

RESPECTED AND ACCREDITED PROVIDER OF EDUCATION AND CERTIFICATION

The Lamaze Certified Childbirth Educator (LCCE) certification is internationally respected and the only childbirth educator program that has passed the National Commission for Certifying Agencies’ rigorous standards. Lamaze childbirth education professional training and continuing education programs help LCCEs achieve and maintain their certifications through continuous high-quality professional education.
ORGANIZATION REACH: BY THE NUMBERS

For 60 years, Lamaze has helped millions of parents improve childbirth outcomes by preparing them to engage in their care through information and skill-building to develop birth plans and participate in shared decision-making. Lamaze has an international network of 3,000 LCCE educators, members, and advocates (more than 15,000 since inception) in more than 40 countries around the world and in all 50 states, the District of Columbia, Puerto Rico, Guam, and numerous military outposts. Lamaze Accredited Childbirth Educator programs train aspiring new Lamaze educators in North and South America, Australia, India, Israel, China, and beyond. Millions of parents and maternal/child health professionals view Lamaze content each year. The *Journal of Perinatal Education* is internationally respected and the only peer-reviewed publication on perinatal education. *Connecting the Dots*, Lamaze’s research blog about pregnancy, birth, and beyond, reaches an average of 32,000 readers each month.

Lamaze recognizes that it is critical to meet parents where they are, and offers childbirth education classes around the world, in and out of hospital settings, as well as through interactive online education offerings so parents can learn at their convenience. The Lamaze website, [www.Lamaze.org](http://www.Lamaze.org) provides a robust array of resources and parent-focused outposts such as its *Giving Birth with Confidence* blog, Facebook, Twitter, and Pinterest. In 2019, more than 187,100 users accessed [www.Lamaze.org](http://www.Lamaze.org), and more than 137,200 users viewed the *Giving Birth with Confidence* blog.