Let labor begin on its own. Walk, move around and change positions throughout labor.

Bring a loved one, friend or doula for continuous support. Avoid interventions that are not medically necessary. Avoid giving birth on your back and follow your body’s urges to push. Keep mother and baby together; it’s best for mother, baby and breastfeeding.

HOW DOES CHILDBIRTH EDUCATION SUPPORT HEALTHY BIRTH OUTCOMES?

4 million women give birth every year in the U.S. $98 billion is spent in hospital care each year, with 40% covered by Medicaid

31.9% of babies are delivered by cesarean, with overuse of procedures increasing the risk of complications.

U.S. mothers face a higher risk of pregnancy-related deaths than mothers in 44 other high-income countries.

Black mothers are 2-3 times more likely to die from pregnancy-related causes than white women in the U.S.

WHAT DOES EVIDENCE-BASED CHILDBIRTH EDUCATION ADD?

Evidence-Based 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. Avoid interventions that are not medically necessary.
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.

Shared Decision-Making

Health literacy
Family engagement
Patient safety
Healthcare costs
Health disparities

Shifts From Volume To Value-Based Care

35% requests for elective cesarean
28% unplanned cesarean
Post-partum complications
Breastfeeding initiation and duration
Satisfaction with care
Mental health during and after pregnancy

WITH SO MANY BENEFITS, WHY ISN’T EVERY MOTHER ACCESSING EVIDENCE-BASED CHILDBIRTH EDUCATION?

Classes not consistently covered by health insurance, including Medicaid
Education not always encouraged by health care providers
“Short-cut” classes can crowd out high-quality, certified education

Learn how Lamaze’s evidence-based childbirth education can help achieve:

Healthier mothers and babies
Reduced health disparities
Better value for the health care system

VISIT WWW.LAMAZE.ORG TO LEARN MORE.

1 https://data.worldbank.org/indicator/SH.STA.MMRT?locations=XD&most_recent_value_desc=true
2 https://www.cdc.gov/media/releases/2019/p0905-racial-ethnic-disparities-pregnancy-deaths.html