

WILL YOU PUSH FOR YOUR BABY?



DOCTORS ENDORSE



18 EVIDENCE-BASED RECOMMENDATIONS

ON HOW TO PREVENT A FIRST CESAREAN¹.

THE INSTITUTE OF MEDICINE SAYS

It takes an average of



for professionals to change

the way they practice medicine, based on evidence.²

IS YOUR PROVIDER FOLLOWING THESE EVIDENCE-BASED GUIDELINES?

Things are changing.

Don't get stuck with the outdated practices in your pregnancy and birth.



Take a Lamaze class



Learn how to push for the best care



Get up to date on the 18 new recommendations

VISIT WWW.LAMAZE.ORG TO LEARN MORE.



¹ Safe Prevention of the Primary Cesarean Delivery

https://www.acog.org/Resources_And_Publications/Obstetric_Care_Consensus_Series/Safe_Prevention_of_the_Primary_Cesarean_Delivery

² Morris, Z. S., Wooding, S., & Grant, J. (2011). The answer is 17 years, what is the question: understanding time lags in translational research. Journal of the Royal Society of Medicine, 104(12), 510-520. <http://doi.org/10.1258/jrsm.2011.110180>