WILL YOU PUSH FOR YOUR BABY?

DOCTORS ENDORSE

18 EVIDENCE-BASED RECOMMENDATIONS
ON HOW TO PREVENT A FIRST CESAREAN.

THE INSTITUTE OF MEDICINE SAYS

It takes an average of

17 years

for professionals to change
the way they practice medicine, based on evidence.

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Don’t get stuck with the outdated practices in your pregnancy and birth.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