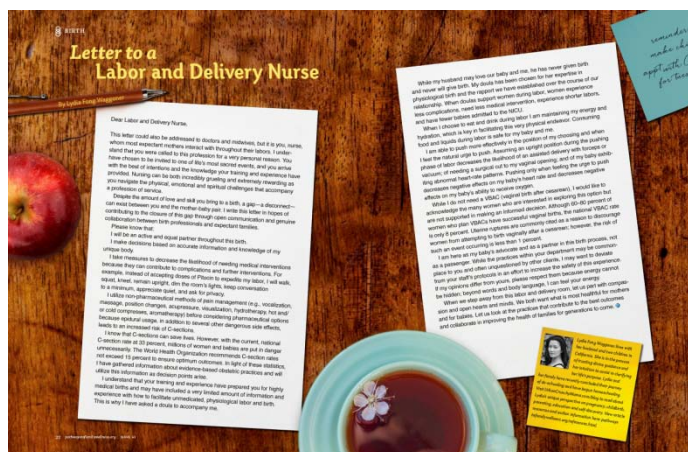


Letter to a Labor and Delivery Nurse

Birth – Lydia Fong Waggoner

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**Talking Points**

- ❖ Mothers should be an active and equal partner throughout the birth process (and after).
- ❖ Decisions should be based on accurate information and personal knowledge of one's own body.
- ❖ Epidural usage leads to an increased risk of c-sections.
- ❖ Doulas have training in physiological birth where most nurses have been trained medically. They want to help you but may not always know they best ways to support natural birth.
- ❖ Maintaining energy and hydration levels during labor is a very important during this very physically draining event.
- ❖ Assuming an upright position in labor decreases the likelihood of an assisted delivery with forceps or vacuum.
- ❖ Uterine ruptures for women attempting a VBAC (vaginal birth after cesarean) are often used to discourage women from attempting this when the risk of uterine rupture actually occurring is less than 1%.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Evidence Based Birth's mission is to get the research evidence on birth into the hands of mothers and families, inspiring them to make more informed decisions about their care during childbirth.

<http://evidencebasedbirth.com/>

Improving Birth strives to bring evidence-based care and humanity to childbirth

<http://www.improvingbirth.org/>

Public education program from the Midwives Alliance of North America <http://mothersnaturally.org/>

Citizens for Midwifery – a consumer-based group that promotes the Midwives Model of Care
<http://cfmidwifery.org>

“The Hard Science of Supporting Low-Tech Birth” by Alice Dreger
<http://pathwaystofamilywellness.org/Pregnancy-Birth/the-hard-science-of-supporting-low-tech-birth.html>

“Taking Charge of Giving Birth” by Cynthia Overgard, MBA, HBCE
<https://pathwaystofamilywellness.org/Pregnancy-Birth/taking-charge-of-giving-birth.html>