



10 TIPS

FOR YOUR BEST BIRTH!

TIP
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TIP ONE

Women should have the option to participate in decisions about their birth experience.

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TIP TWO

The mom's health team should provide emotional support and her well-being should be ensured through access of family members during birth and throughout the postnatal period.

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TIP THREE

The healthy newborn should remain with the mother whenever possible.

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TIP FOUR

Unrestricted mother-infant contact after delivery and unrestricted breast-feeding reduce breast-feeding failure..

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TIP FIVE

Women should decide which position to adopt for delivery.

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TIP SIX

Separating healthy mothers and babies routinely should be avoided.

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TIP SEVEN

Routine administration of analgesic or anesthetic drugs should be avoided.

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TIP EIGHT

Electronic fetal monitoring should not be routine.

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TIP NINE

Artificial early rupture of membranes, as a routine process, is not justifiable.

TIP
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TIP TEN

Since enhanced social and psychological support from caregivers reduces negative outcomes – leaving women unattended during labor should be avoided.

These recommendations come from the World Health Organization's guidelines for a better birth.