THE STRAIGHT SCOOP **ON INDUCTIONS**

LABOR INDUCTION IS A COMMON PROCEDURE.





UNDER PRESSURE



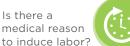
of parents feel pressure from their provider.¹

Additional pressures may come from family or the calendar.

ASK QUESTIONS

Before you agree to accept an induction, take the time to discuss important questions with your care provider.









Is my baby in danger if I don't ao into labor now?



Am I in danger if I don't go into labor now?

What does the research say about the risks?

PUSH FOR BETTER CARE

Here are a few ways to make sure you're prepared to discuss these questions and push for better care:



Get educated - take a Lamaze childbirth education class



Discuss induction when choosing a care provider



Hire a doula for labor support



VISIT WWW.LAMAZE.ORG TO LEARN MORE.

- 1 Declercq ER, Sakala C, Corry MP, Applebaum S, Herrlich A. Listening to MothersSM III: Pregnancy and Birth. New York: Childbirth Connection, May 2013. $http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III_Pregnancy-and-Birth.pdf$
- 2 "Labor induction: Risks - MayoClinic.com." Mayo Clinic. Web. 9 Sept. 2013. http://www.mayoclinic.com/health/labor-induction/MY00642/DSECTION=risks.
- 3 Amis, Debby. "Healthy Birth Practices #1: Let Labor Begin on Its Own." Lamaze International. 2009. Web. 9 Sept. 2013. http://www.lamazeinternational.org/p/cm/ld/fid=8.
- 4 CDC. (January 31, 2018). National Vital Statistics Reports Volume 67, Number 1. Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_01.pdf