

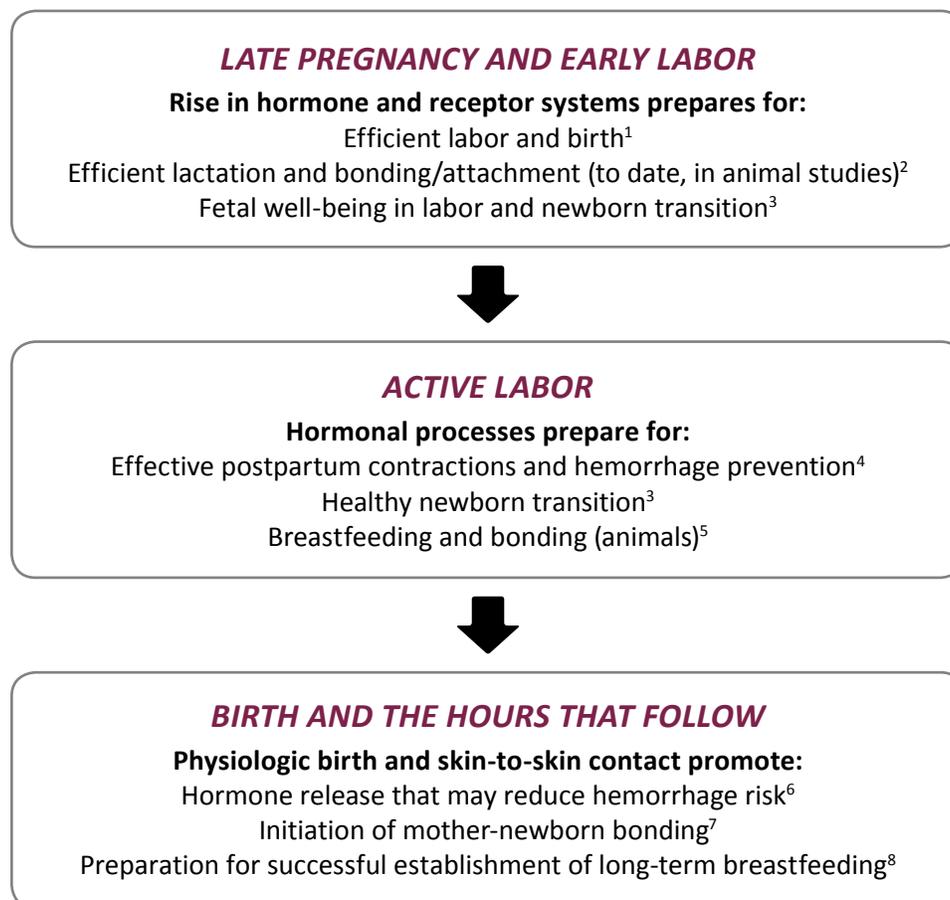
# 1. The Hormonal Cascade of Childbearing

A new report, *Hormonal Physiology of Childbearing: Evidence and Implications for Women, Babies, and Maternity Care* (2015), synthesizes an extensive literature about hormonally-driven processes of parturition and the early postpartum period.

The following information is drawn from this report.

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Hormonal physiology of childbearing involves complex interconnected beneficial processes. Hormonal actions of one phase anticipate and prepare for subsequent phases. In healthy pregnancies, these processes foster efficient labor, safety for mother and infant, successful breastfeeding, and optimal mother-newborn bonding. The following graphic highlights key actions at each phase.



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Access *Hormonal Physiology of Childbearing: Evidence and Implications for Women, Babies, and Maternity Care* (2015) by Dr. Sarah J. Buckley and related material, including individual fact sheets and the full set, at [ChildbirthConnection.org/HormonalPhysiology](http://ChildbirthConnection.org/HormonalPhysiology).

## Selected references – see report for additional documentation:

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7. Bystrova, K., et al. (2009). Early contact versus separation: Effects on mother-infant interaction one year later. *Birth*, 36(2), 97-109.
8. Moore, E.R., et al. (2012). Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database Syst Rev*, 5, CD003519.

**Disclaimer:** The information in this document is not intended as a substitute for the professional guidance of qualified maternity care providers.



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