In healthy pregnancies, breasts, hormonally-driven maternal and fetal/newborn processes are the safest, smoothest route for labor, birth and the crucial days that follow. When women and babies need evidence-based interventions, they are also likely to benefit from practices that support the pathway, whenever possible.

PATHWAY TO A HEALTHY BIRTH

How Clinicians Can Support Beneficial Hormonal Action in Childbirth

Benefits and risks need to be assessed for each mother and newborn individually.


Find the full, extensively documented report used to develop these recommendations and related resources for clinicians, childbirth women and others at:

ChildbirthConnection.org/HormonalPhysiology

This information is not intended to be a substitute for the professional guidance of qualified health care providers.

Selected References