If you missed the 2015 Lamaze & ICEA Joint Conference, here are the top ten (and more) publications that Debby presented in her session, Research Update for Childbirth Educators:

1

In her ground-breaking report, Sarah Buckley has done a masterful job of synthesizing the scientific evidence that, in healthy pregnancies, hormonal processes foster readiness for birth, efficient labor, safety for both mother and baby, successful breastfeeding, and optimal mother-baby attachment.


Also see:


2

Game-changing new research about how the human microbiome may be contributing to the worldwide epidemic rise in noncommunicable diseases such as asthma, diabetes, gastrointestinal disorders, other auto-immune disorders, obesity, and some mental illnesses. The human microbiome begins at birth and is populated differently depending on whether the mother gives birth vaginally or by cesarean.


Also see:

Nurse-researcher Rebecca Dekker published a comprehensive (and fascinating) look at the evidence about due dates to help healthy women decide whether induction at 41 weeks or 42 weeks is best for them if their pregnancy goes past their “due date.”

Dekker, Rebecca. (April 15, 2015). Evidence Based Birth* – Induction for going past your due date: What does the evidence say? [Requires a subscription or fee]. Evidence Based Birth.* http://evidencebasedbirth.com

A look at the shocking rise in maternal mortality in the United States. Out of all the developed countries in the world, the United States ranks last in maternal mortality.


Also see:
[Of the ten top causes of maternal mortality, five are much more common with cesarean surgery.]

Perinatal depression is estimated to affect one in every seven women during the childbearing year. Learn more from this well-written, concise (76 pages) booklet that provides a nice overview for the childbirth educator.

Her free handouts are available at www.uppitysciencechick.com/ppdhandouts.html

What’s new with epidurals? An interesting look at how the risks and benefits of epidurals and waterbirth are presented to pregnant women in Australia.


The latest research about the risks of not breastfeeding.

And:


As part of the Choosing Wisely national (U.S.) campaign, the American Academy of Nursing recommends that nurses not automatically initiate continuous electronic fetal heart rate monitoring during labor for women without risk factors. Instead, they advocate that nurses use intermittent auscultation to reduce the risk for cesarean surgery and allow women freedom of movement.


After a comprehensive review of the literature, the National Institute for Health and Care Excellence (NICE) in the United Kingdom startled the world by concluding that the safest place for a low-risk woman to give birth is not a hospital – but, instead, a free-standing birth centre managed by midwives.


Also see this surprising response from a Harvard obstetrician:


We know that the risk of infantile anemia is significantly lower with delayed cord clamping. In a follow-up study of a randomized controlled trial on early (= or < 10 seconds) versus late (= or > than 3 minutes) cord clamping, researchers brought children back at 4 years of age to see if the timing of cord clamping affected neurodevelopment.


Also see:

Recent Childbirth-Related Books I Have Enjoyed:

A Passion for Birth
by Shelia Kitzinger
Fascinating memoirs from an amazing woman whose worldwide advocacy efforts inspired a generation of childbirth educators.

A Doula’s Journey
by Sarah Goldstein
More wonderful memoirs from a doula who lived both in the U.S. and in Israel. I learned a lot from this book.

Soften, Open, Release
by Amber delaine Seber
Jump on the adult coloring book craze with this coloring book of lovely drawing and birth affirmations. You can easily take apart the book to provide each student in your class with a page to color.
www.etsy.com/
Search for “The Fairywood.”