In order to reduce skyrocketing cesarean rates, two major obstetric organizations recommend evidence-based strategies such as: labor induction for medical indications only; patience and more time during the first and second stages of labor; and continuous labor support. The research basis for “6 is the new 4” is included.


See also: Consumer Reports. (2014, May). What hospitals don't want you to know about c-sections. Google this title.

ACOG states that there is good and consistent scientific evidence to recommend induction after 42 0/7 and by 42 6/7 weeks of gestation; but only limited or inconsistent evidence to consider induction between 41 0/7 and 42 0/7 weeks of gestation.


The good news is that researchers found that breastfeeding is strongly associated with a lower risk of depression at 8 weeks postpartum for women who planned to breastfeed. The bad news is that the risk of postpartum depression is increased for those who planned to breastfeed, but did not go on to do so.


If you’d like more information:

Olson, T. & Bowen, A. (2014). Dispelling myths to support breastfeeding in women with postpartum depression. Nursing for Women’s Health, 18(4), 304-313.
Proceedings of an Institute of Medicine workshop on research issues on birth settings. Fascinating review of the issues including testimony from childbirth advocates Betsy Armstrong (Lamaze International), Debra Bingham (AWHONN), Ellen Hodnett, Holly Kennedy (ACNM), and Carol Sakala (Childbirth Connection).


Although some natural childbirth advocates may question the necessity of any routine interventions, CNM and researcher Rebecca Dekker makes a powerful case in favor of the vitamin K injection for newborns.


Evidence-based summary about the safety of waterbirth in response to the controversial ACOG/AAP committee opinion warning that waterbirth has not been proven safe for the baby.


See also: Science and Sensibility blog, Why pediatricians fear waterbirth by B. Harper. <www.scienceandsensibility.org/?p=8088>

Initiation of breastfeeding and duration of breastfeeding among black infants in the United States are approximately 16% lower than among whites. A new study by the CDC shows that hospitals in areas where more black mothers give birth are less likely to promote early initiation of breastfeeding, less likely to promote rooming-in, and more likely to use supplements.


If your students give birth at a hospital where immediate skin-to-skin contact after cesarean birth is not the standard of care, share this small qualitative study with your colleagues. Nice discussion of the benefits and barriers.


The benefits of delayed cord clamping still hold true when the baby is placed immediately on the mother's chest.


Very interesting look at attitudes of women, healthcare providers, and nurses regarding informed decision-making about epidural analgesia. Not surprisingly, personal bias influences views.

Don’t Miss These Recommended New Books


La Leche League takes on the American Academy of Pediatrics to provide evidence-based information on how a breastfeeding mother can safely co-sleep with her baby. (See page 4 for infographic.)


Writing in a friendly, “girlfriend-like,” irreverent, and often funny style, Lauren Rauseo has nailed what it takes to have a medication-free birth in a hospital today.


Cut It Out is a compelling examination of the risks associated with cesarean surgery, the reasons for the rise in the cesarean surgery rate, and solutions to address the problem.


*This book is a valuable resource for health professionals who come into contact with new mothers, providing the most current and accurate information on traumatic childbirth.*

Coming Soon

From Childbirth Connection, <www.childbirthconnection.org>


To get regular updates from The Family Way, like our Facebook page at www.facebook.com/familywaypublications and follow us on Twitter at http://twitter.com/thefamilyway.
Handouts for Childbirth Educators

**Safe Sleep Seven**
La Leche League (co-sleeping)
http://www.llli.org/sweetsleepbook/thesafesleepseven

**Normal, Healthy Childbirth for Women & Families: What You Need to Know**
Consumer pamphlet on normal birth
www.midwife.org/OMOT-Normal-Birth-Document-Feature-Page

**Breastfeeding**
www.womenshealth.gov/itsonlynatural/partner-resources/ion-infographic.html

**Birth Settings in the U.S.**
http://infographics.idlelist.com/?s=birth+settings+in+us

Lamaze members have access to several infographics. Log-in to the website for professionals at www.lamazeinternational.org. Go to Teaching Tips and Handouts under Professional Resources.