Labor Support – Page 33
We revised the information on the birth doula and added the role of the postpartum doula to update this page, since we have now progressed well into the 21st century!

Skin-to-Skin Contact Immediately After Birth – Page 44
Babies, when placed skin-to-skin on their mother’s chest and left undisturbed, will move through nine instinctive stages to reach their mother’s breast to nurse. We provide a URL for a handout by the Healthy Children Project, Inc., so that families may read more on this topic. ([www.skin2skin.org/9stages.html](http://www.skin2skin.org/9stages.html))

Delayed Cord Clamping – Page 50
Both the American College of Obstetricians and Gynecologists (ACOG) and the Society of Obstetricians and Gynaecologists of Canada (SOGC) recommend a delay in umbilical cord clamping for the healthy newborn. See the reference for the January 2017 ACOG Committee Opinion on this topic on the following page.

Sleeping – Page 89
We updated this section, including the latest information from both the American Academy of Pediatrics and the Canadian Paediatric Society on the risks, benefits, and guidelines for safe sleeping. (References are on the next page.)

Birth Stories – Pages 85 to 92
Three new stories, highlighting the importance of flexibility for both the laboring woman and her health care team, the heartache of dealing with infertility, and the value of having a birth plan, replace three of our older stories.

Counting Baby’s Movements – Page 98
This revised page provides updated information for the pregnant woman who has been instructed by her health care provider to count fetal movements, or who feels reassured by connecting with her baby in this way.

Recommended Reading and Viewing for Pregnant Women and Their Families – Pages 114 to 115
We updated the publication dates for new editions of current recommendations and added two new books to the list: *Your Baby’s Microbiome: The Critical Role of Vaginal Birth and Breastfeeding for Lifelong Health* by Toni Harman and Alex Wakeford; and *Maternity Leave – A New Mother’s Guide to the First Six Weeks* by Cheryl Zauderer.

Childbirth Organizations and Resources - Page 116
With the merger of the Coalition for Improving Maternity Services (CIMS), BirthNetwork National, and ImprovingBirth, the new name for this coalition is the ImprovingBirth Coalition.

*As usual, we would love to hear from you if you have suggestions for future editions. References are on the next page.*
References

Delayed Cord Clamping

Sleeping


Counting Baby’s Movements

“Although not all women need to perform a daily fetal movement assessment, if a woman notices a decrease in fetal activity, she should be encouraged to contact her health care provider, and further assessment should be performed.”


“How To” brochure used in Norwegian study above: www.biomedcentral.com/content/supplementary/1471-2393-9-32-S2.pdf

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