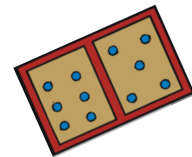


We are Celebrating All Things **11**

with our new Eleventh Edition!



Prepared Childbirth – The Family Way



We have updated information on the pages indicated.

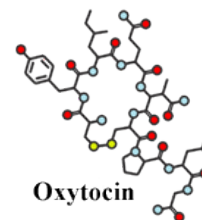


Precautions – Page 8

Since the use of marijuana is now legal in some states, we looked at the research about its safety during pregnancy and breastfeeding. The conclusion seems to be that we need more research. For now the American College of Obstetricians and Gynecologists (ACOG) recommends that pregnant women avoid using marijuana during pregnancy and both ACOG and the American Academy of Pediatrics (AAP) recommend against its use during breastfeeding.

Helpful Hormones – Pages 27-28

As awareness increases about the critical role of hormones during pregnancy, labor and birth, breastfeeding, and parenting, we added information about the four main birth hormones and how pregnant women can enhance the effects of the hormones.



Childbirth Choices – Pages 49-53

We updated the Childbirth Choices section in light of the ground-breaking committee opinion published in February of 2017 by ACOG, *Approaches to Limit Intervention During Labor and Birth*. The recommendations for low-risk women include the choice to stay home for a while if spontaneous rupture of membranes is the first sign of labor; the option of intermittent monitoring; the ability to stay hydrated with clear liquids rather than routine IV fluids; and support for the laboring woman to choose the pushing method that feels best to her.

Positions for Breastfeeding – Page 66

We added a new page with illustrations of common breastfeeding positions.

Storing and Freezing Breastmilk – Page 69

Our guidelines for storing milk are based on the 2017 recommendations of the Academy of Breastfeeding Medicine.

Immediate Care of the Newborn – Page 77

We added another new page so that we could provide brief descriptions of normal newborn procedures such as the initial exam, first bath, screening tests, and the vitamin K injection.

Mom's Labor and Birth Journal and Labor Partner's Birth Journal – Pages 117-120

Because you told us that you receive very few of the questionnaires that used to be on these pages, we changed the form into a journal that pregnant families can use to record their birth experiences.

In order to make space for our new pages, we deleted the pages on sibling preparation and on recommended books to prepare siblings. If you have suggestions for future editions, please contact us.

References are on the reverse side.

The Family Way Publications

Web: www.thefamilyway.com

Phone: (713) 528-0277

Update for 2018 Edition

Precautions

1. American College of Obstetricians and Gynecologists (ACOG). (2017). ACOG Committee opinion #722: Marijuana use during pregnancy and lactation. *Obstetrics & Gynecology*, 130(4), e205-209.
2. American Academy Of Pediatrics (AAP) Committee on Drugs. (2001). The transfer of drugs and other chemicals into human milk. *Pediatrics*, 108(3), 776-789.

Helpful Hormones

Buckley, S. (2015). *Hormonal physiology of childbearing: Evidence and implications for women, babies, and maternity care*. New York, NY: Childbirth Connection. www.childbirthconnection.org
Read at least the Executive Summary. See all the resources for both professionals and consumers on the Childbirth Connection website.

Childbirth Choices

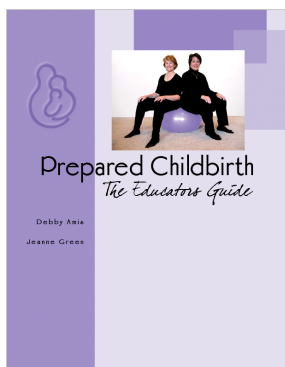
American College of Obstetricians and Gynecologists (ACOG). (2017). Approaches to limit intervention during labor and birth. *Obstetrics & Gynecology*, 129(2), 1-9.

Storing and Freezing Breastmilk

Eglash, A., Simon, L. & The Academy of Breastfeeding Medicine. (2017). *ABM Clinical protocol #8: Human milk storage information for home use for full-term infants*. <http://bit.ly/2iWKGyX>

Immediate Care of the Newborn

1. Canadian Paediatric Society. (1997, reaffirmed 2016). *Routine administration of vitamin K to newborns*. <http://bit.ly/2BFItWi>
2. Dekker, R. (2017). *Evidence based birth: Evidence on: Eye ointment for newborns*. Search under topics on <https://evidencebasedbirth.com/article-topics/>
3. Jana, L. A., & Shu, J. (2015). *Heading home with your newborn: From birth to reality*. Elk Grove Village, IL: American Academy of Pediatrics.
4. U.S. Department of Health & Human Services. (2017). WomensHealth.gov. *Your baby's first hours of life*. Scroll to "Medical care for your newborn."
<http://bit.ly/2BMAfey>
5. World Health Organization (WHO). (2017). *WHO recommendations on newborn health*.
<http://bit.ly/2iy6wgZ>



For up-to-date information and teaching strategies for all the topics covered in *Prepared Childbirth – The Family Way*, see our new 2018 edition of

Prepared Childbirth – The Educator’s Guide

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