



Fresh

Our 2018 Edition

Preparándose para la llegada de su bebé

A new, fresh look

You may notice that we have added some new illustrations and made some changes to the fonts and layout to give *Preparándose para la llegada de su bebé* a fresh look. Also, as words and expressions change in both English and Spanish languages, we attempt to keep current for readability and understanding.

Web It!

Links are updated periodically on our website. Please encourage students to use this feature by going to www.thefamilyway.com/webit/ to find reliable Spanish language websites for more information.

Recommended reading

Publication dates for new editions of our current reading recommendations are updated and new books are added to our reference lists on various pages throughout the book.

Exercise guidelines

The American College of Obstetricians and Gynecologists (ACOG) updated their recommendations for physical activity and exercise during pregnancy. The 2015 Committee Opinion modified the previous recommendation of “30 minutes or more of moderate exercise most, if not all days of the week” to read now as “20 to 30 minutes or more of moderate exercise on most or all days of the week for pregnant women without medical complications.” They also state that, “Although frequently prescribed, bed rest is only rarely indicated.”

Nutrition guidelines

The U.S. government issued 2015-2020 Dietary Guidelines for Americans. While previous editions focused primarily on specific, individual dietary components – such as foods, food groups, and nutrients, the 2015-2020 Guidelines emphasize overall eating patterns and the combinations of all the foods and drinks that people consume every day. We encourage parents to visit this website: www.choosemyplate.gov/multilanguage-spanish to determine specific recommendations for their age, activity level, and trimester of pregnancy.

Precautions

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 is that we need more research. For now 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.

Stages of labor

The length of the stages of labor are explained in terms of “6 is the new 4,” and we have included more on normal variations of labor. Researchers, ACOG, and midwives are telling us that for most laboring women, “active labor” does not begin until about 6 cm. In order to decrease the cesarean rate, they recommend that cesareans for dystocia not be suggested until the cervix is dilated to at least 6 cm. We have incorporated these new guidelines through the book.



Comfort strategies

We added a suggestion that women confined to bed in labor try using a “peanut ball,” and we added a new picture that shows being seated on a round labor ball for comfort.

Medications and common procedures

You will find that we changed terminology from “narcotics” to “opioids” and added current information on some medications and their side effects. As more hospitals and birth centers in the U.S. offer nitrous oxide as an option for pain relief, we added information about this. (Canada is far ahead of the U.S. in offering nitrous oxide as an option.)

We include changes in ACOG recommendations for no routine induction before 41 weeks without medical cause and no routine IV fluids unless medications and other interventions make this necessary. We mention that ACOG now recommends delayed cord clamping for the healthy newborn.

Cesarean birth

We added recommendations to make it easier for immediate skin-to-skin contact after birth, such as having the mother request that EKG monitors be placed on her side rather than on her chest. We also mentioned the option of having a clear screen (if it is available) or asking that the screen be lowered at the moment of birth for a more family-centered cesarean birth.

Hormones

Where appropriate we have mentioned the important role of hormones, especially on the hormonal effects of early breastfeeding and skin-to-skin contact. *The Hormonal Physiology of Childbearing*, by Dr. Sarah Buckley, informs us of the importance of birth hormones as they affect the mother during pregnancy, the development of the fetus, and preparation of both the mother and the baby for labor, birth, breastfeeding, and attachment. We encourage all child-birth educators to read at least the “Executive Summary” of this important report, available at www.nationalpartnership.org (search for “birth hormones”).

Breastfeeding

Throughout the breastfeeding section, we emphasize Baby-Friendly guidelines of recognizing early feeding cues, feeding a newborn as often and for as long as he wants, and not trying to space newborn feedings out to a certain number of hours. New recommendations for storing breast milk are included. Our guidelines are based on the 2017 recommendations of the Academy of Breastfeeding Medicine.

Safe sleep

The latest information from the American Academy of Pediatrics, the Canadian Paediatric Society, and La Leche League on the risks, benefits, and guidelines for safe sleeping is on page 72.

Post Partum

We have placed increased emphasis on the warning signs for the postpartum period, including those for postpartum depression/postpartum mood disorders.

Car passenger safety

We updated guidelines, safety seat information, and resources for parents along with new images.

If you would like additional references for any of our changes, please email us at info@thefamilyway.com.

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