

# The Educator's Guide: 2019 Edition

## THROUGHOUT THE GUIDE

In order to keep our publications current, we update content every one to two years. There is no planned obsolescence, but research and recommendations are constantly changing, as well as statistics, references, audiovisuals, and URLs. We want our educators and parents to have the latest information available when we go to press. We understand that you will find some broken URLs, as they change with no notice. Fortunately, searching for the topic with “Google” will often turn up the desired link. Each time we publish a new edition, we go through the *Guide* page by page, making minor as well as major changes. We delete older references, add new ones, and update those that publish new editions. In the 2019 *Guide*, we added information about important new research such as the ARRIVE trial. We also added new pages and handouts, so that the page numbers are different from previous editions. This flyer highlights some of the key updates that we made.

### SPECIAL PRICING

For hospitals and childbirth educator groups who wish to purchase Educator's Guides in bulk for distribution to all their educators, we offer a discounted price of only \$75 (regular price \$95) as long as 5 or more Guides are ordered. The Guides must be ordered all at once and shipped to one address. Contact [info@thefamilyway.com](mailto:info@thefamilyway.com).

### IMPORTANT NEW RESEARCH

#### The ARRIVE Trial

Should all first-time pregnant women be induced at 39 weeks?



See pages IV-125 to IV-126 & 137.

#### NEW WHO GUIDELINES

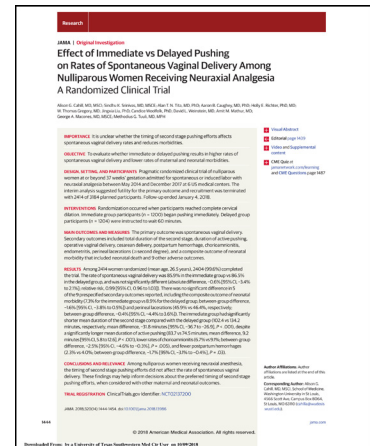
New international recommendations for care during labor and birth



See pages IV-125 to IV-126.

#### LABORING-DOWN

Should we no longer encourage women with epidurals to wait to push?



See pages IV-106 to IV-107.

## UPDATES BY SECTION

### Section I: Getting Started

We added pages I-6 and I-7, *Does Childbirth Education “Work”?*, summarizing the research about the benefits of childbirth education.

### Section III: Evidence-Based Childbirth Education

We added page III-4, *How to Tell if a Website is Trustworthy*. On pages III-14 to III-16, we added information and references for the new *Blueprint for Advancing High-Value Maternity Care Through Physiologic Childbearing* and the new International Childbirth Initiative (ICI): *12 Steps to Safe and Respectful Mother-Baby Friendly Maternity Care*.

### Section IV: Teaching Topics

On page IV-11, we added brief information and references for marijuana use during pregnancy and breastfeeding.

On pages IV-15 and IV-17, we added a dress to our pregnant model in consideration for those who prefer not to see a drawing of a naked woman.

On pages IV-51 to IV-57, we added to the information we provide on the birth hormones, and with the permission of creator, Patricia Predmore, we provided instructions for the “Hormone is Right” game for childbirth educator training or for childbirth classes.

On page IV-72, we added a “Highly Recommended” 2018 reference from the Society of Obstetrics and Gynaecology of Canada (SOGC) on the approach of using nonpharmacologic pain management strategies to enhance progress and comfort in labor.

On pages IV-83 and IV-84, *The Bottom Line: Waterbirth*, we summarized the research about the safety of waterbirth.

We added pages IV-114 and IV-115, *Shared Decision Making*, to provide more information on this important topic.

We expanded our coverage of *Childbirth Choices* by adding pages IV-123 through IV-128, *Research Update for Childbirth Choices*. On these pages we summarize the new 2018 WHO guidelines for care during labor and birth; the SOGC clinical practice guideline mentioned above on working *with* the pain of labor; and the ARRIVE trial. We added the following new charts:

Page IV-135 – *WHO Recommendations Support the Lamaze Six Healthy Birth Practices*

Page IV-137 – *The Bottom Line: When is Induction Appropriate?*

Page IV-139 – *How Will Labor Be Different if I Choose Labor Induction at 39 Weeks?*

Page IV-143 – *The Bottom Line: Food During Labor*

Page IV-145 – *The Bottom Line: Continuous EFM*

We updated our Cochrane Conclusions Chart on pages IV-148 to IV-152.

On page IV-159, we updated the handout, *Top Ten (Proven) Ways to Avoid Cesarean Surgery*.

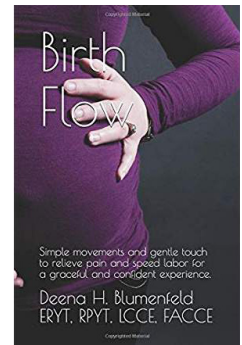
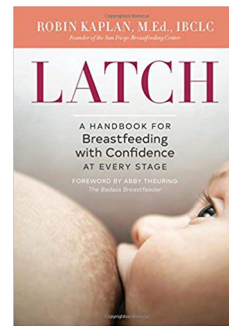
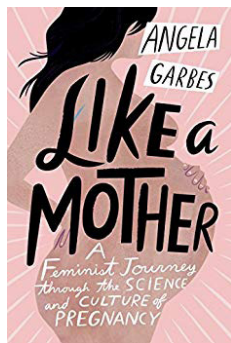
On page IV-171, we listed new 2018 Baby-Friendly guidelines for what topics should be included in prenatal breastfeeding education.

On Page IV-173, we summarized recommendations from the World Health Organization, The Canadian Paediatric Society, and the American Academy of Pediatrics on how long a mother should breastfeed.

## Section VI: Special Classes

On pages VI-1 and VI-2, we discuss how you might create a hybrid childbirth education course, combining online resources with in-person meetings.

### RECOMMENDED NEW BOOKS (THROUGHOUT GUIDE)



FREE

#### New Edition

Wisner, Kirsten & Holschuh, Carrie. (2018). *AWHONN practice monograph. Fetal heart rate auscultation, 3rd edition*. AWHONN.

#### NOT a New Edition (This 2018 book is lovely with added color, but the content is the SAME as the 2016 edition).

Simkin, P., Whalley, J., Keppler, A., Durham, J. & Bolding, A. (2018). *Pregnancy, childbirth, and the newborn*. New York, NY: Hachette Book Group for Da Capo Press.

#### New Books

- Morris, Theresa. (2018). *Health care in crisis – Hospitals, nurses, and the consequences of policy change*. New York, NY: New York University Press.
- Garbes, Angela. (2018). *Like a mother – A feminist journey through the science and culture of pregnancy*.
- Office on Women's Health. (2018). *Your guide to breastfeeding*. Download a free copy at <http://bit.ly/2uxZK1R>.
- Kaplan, Robin. (2018). *Latch – A handbook for breastfeeding with confidence at every stage*. Rockridge Press.
- Blumenfeld, Deena. (2018). *Birth flow – Simple movements and gentle touch to relieve pain and speed labor for a graceful and confident experience*.

# Family Way Publications

[www.thefamilyway.com](http://www.thefamilyway.com)

**Email: [info@thefamilyway.com](mailto:info@thefamilyway.com)**

**Phone: (713) 528-0277 Central Time**

