

①	Let labor begin on its own.	<ul style="list-style-type: none"> <li>• "Induction of labour should be performed only when there is a clear medical indication for it and the expected benefits outweigh its potential harms."<sup>1</sup></li> <li>• "Induction of labour should be performed with caution since the procedure carries the risk of uterine hyperstimulation and rupture and fetal distress."<sup>1</sup></li> <li>• "Induction of labour is not recommended for women with an uncomplicated pregnancy at gestational age less than 41 weeks."<sup>1</sup></li> <li>• "Induction of labour is recommended for women who are known with certainty to have reached 41 weeks (&gt;40 weeks + 7 days) of gestation."<sup>1</sup></li> </ul>
②	Walk, move around, and change positions throughout labor.	"Encouraging the adoption of mobility and an upright position during labour in women at low risk is recommended." <sup>2</sup>
③	Bring a loved one, friend, or doula for continuous support.	"A companion of choice is recommended for all women throughout labour and childbirth." <sup>2</sup>
④	Avoid interventions that are not medically necessary.	<ul style="list-style-type: none"> <li>• "Auscultation using a Doppler ultrasound device or a Pinard fetal stethoscope is recommended for the assessment of fetal well-being on labour admission ... and for healthy pregnant women in labour."<sup>2</sup></li> <li>• "Labour may not naturally accelerate until a cervical dilatation threshold of 5 cm is reached. Therefore, the use of medical interventions to accelerate labour and birth (such as oxytocin or caesarean section) before this threshold is not recommended, provided that fetal and maternal conditions are reassuring."<sup>2</sup></li> <li>• "For women at low-risk, oral fluid and food intake during labour are recommended."<sup>2</sup></li> <li>• "The use of amniotomy alone for prevention of delay in labour is not recommended."<sup>2</sup></li> <li>• "The use of oxytocin for prevention of delay in labour in women receiving epidural analgesia is not recommended."<sup>2</sup></li> <li>• "The use of intravenous fluids with the aim of shortening the duration of labour is not recommended."<sup>2</sup></li> <li>• Relaxation techniques such as including progressive muscle relaxation, breathing, music, mindfulness and other techniques ... [and] manual techniques such as massage or application of warm packs are recommended for healthy pregnant women requesting pain relief during labour. This depends on a woman's preferences."<sup>2</sup></li> </ul>
⑤	Avoid giving birth on your back and follow your body's urge to push.	<ul style="list-style-type: none"> <li>• "For both women with and without epidural analgesia, encouraging the adoption of a birth position of the individual woman's choice, including upright positions, is recommended."<sup>2</sup></li> <li>• "Women in the expulsive phase of the second stage of labour should be encouraged and supported to follow their own urge to push."<sup>2</sup></li> <li>• "For women with epidural analgesia, delaying pushing for one to two hours after full dilation or until the woman regains the sensory urge to bear down is recommended in the context where resources are available for longer stay in second stage and perinatal hypoxia can be adequately assessed and managed."<sup>2</sup></li> </ul>
⑥	Keep your baby with you – it's best for you, your baby, and breastfeeding.	<ul style="list-style-type: none"> <li>• "Newborns without complications should be kept in skin-to-skin contact (SSC) with their mothers during the first hour after birth to prevent hypothermia and promote breastfeeding."<sup>2</sup></li> <li>• "Bathing should be delayed until 24 hours after birth."<sup>2</sup></li> <li>• "The mother and baby should not be separated and should stay in the same room 24 hours a day."<sup>2</sup></li> </ul>

# REFERENCES

1. World Health Organization. (2018). *WHO recommendations: Induction of labour at or beyond term*. Geneva: World Health Organization. <https://apps.who.int/iris/bitstream/handle/10665/277233/9789241550413-eng.pdf>
2. World Health Organization. (2020). *WHO Labour care guide user's manual*. Geneva: World Health Organization. [www.who.int/publications/i/item/9789240017566](http://www.who.int/publications/i/item/9789240017566)



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