

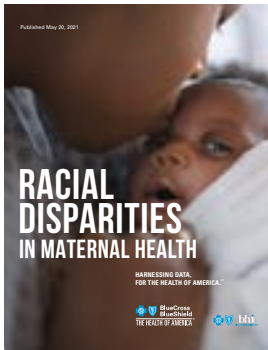


The Educator's Guide Update

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 professional recommendations are constantly changing, as are 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 title or 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 also delete older references, add new ones, and update those that publish new editions. This flyer highlights some of the key updates that we made in several sections. Click on images in this flyer for links to the webpages.

SECTION III: EVIDENCE BASED CHILDBIRTH EDUCATION



We updated this section with new information such as:

- the Joint Commission perinatal measure, “unexpected complications in term newborns,”
- information about the Healthy People 2030 goals, and
- resources such as the pamphlet, “Racial Disparities in Maternal Health” by Blue Cross/Blue Shield.

SECTION IV: TOPICS

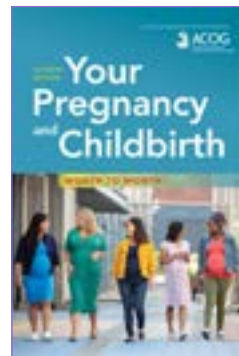
These significant new publications prompted updates in information and references.



Dietary Guidelines for Americans 2020 - 2025



Recommendations Intrapartum Care WHO - 2020



Your Pregnancy and Childbirth, ACOG, 7th edition, 2021



Baby-Friendly Guidelines 6th edition, 2021

SECTION IV: TOPICS (continued)

Major updates to this section include new pages on COVID-19. As we were going to press, we added the crucial recommendation from the [American College of Obstetricians and Gynecologists](#) that pregnant and lactating women receive the COVID-19 vaccine. Research and recommendations about COVID are constantly evolving, so we encourage you to follow [The Family Way Publications on Facebook](#) for breaking news.

We addressed the controversy about cultural appropriation and rebozos by including the [letter on this topic](#) from Elena Carrillo, President of DONA International, to DONA members and to the birth community at large.

In the section, *Stage Two: Pushing and Birth*, we reviewed recent studies from around the world on “laboring down” to provide educators with an important update.

In the section, *Research Update for Childbirth Choices*, we updated the information and handouts for educators about induction. For those inspired by Sharon Muza’s clever game idea published in the blog, *Connecting the Dots*, we added a chart showing the percentages of women in the U.S. who used various birth interventions.

We also added a research update on epidural analgesia and updated our chart on Cochrane conclusions.

In our section, *Are All Cesareans Necessary*, we added our educator handout, “Vaginal Breech Birth.”

Finally, in the breastfeeding section, we updated the recommendations for topics to be included in prenatal education from the newer 2021 *Baby-Friendly Guidelines*. (See bottom of previous page.)

SECTION VI: SPECIAL CLASSES

With the permission of author, Sharon Muza, we reprinted her “Tips for Teaching Virtual Childbirth Classes” from the *Connecting the Dots* blog.

SECTION VII: RESOURCES

As always, we updated pricing and availability of resources. Sadly, we deleted some classic resources no longer available.



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