

Every Baby Deserves a Healthy Start



For More information on Florida's
Healthy Start programs go to:
<http://www.healthystartflorida.com>



Broward Healthy Start Coalition, Inc.

Together, supporting mothers and babies

You can contact the Broward **Healthy Start Coalition** at

954-563-7583 or visit our website at:

<http://www.browardhsc.org/>

As you think about your baby this
information may help



**39 Weeks...
Worth the
Wait**



At this moment what best describes how you feel about your choice for your Baby's delivery?

___ I am going to wait until the baby is at least 39 weeks and I go into natural labor.

___ I am not sure. I have thought about an elective induction.

___ I am not sure. I have thought about a Cesarean section.

___ I have made the decision, I am having an elective induction.

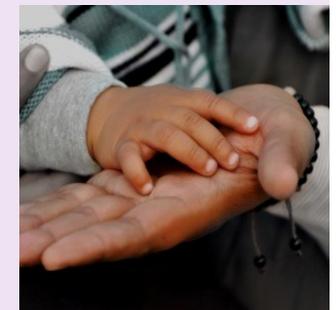


We support you !



The American College of Obstetricians and Gynecologists, the American Academy of Pediatrics, and the American Academy of Family Physicians all recommend against elective induction of labor .

The number of women giving birth early, often for no medical reason, has increased dramatically over the past two decades, altering the way we bear children and posing new health risks to both mothers and newborns.



Who will support your decision to wait until at least 39 weeks?

Is there anyone who you think will try to talk you out of waiting?

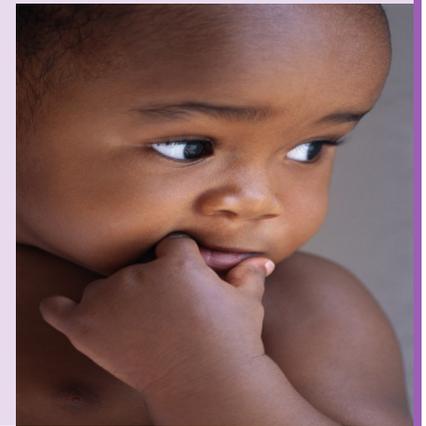
- Your doctor?
- Your Partner?
- A family member?
- Others?

Let's practice what you might say to them...



Some medical reasons that require a cesarean section or an induction:

- *The baby's buttocks, shoulders or feet enter the birth canal first, instead of the head.*
- *There are problems with the placenta*
- *Labor is too slow or stops*
- *The baby's umbilical cord slips into the birth canal, where it could be squeezed or flattened during vaginal delivery*
- *You have a serious medical condition that requires intensive or emergency treatment*
- *Your baby is too big to pass safely through the birth canal.*



What is an “Elective Birth” ?

When a woman, or her physician, decide to induce labor, or have a c-section, that is not medically necessary before the baby is full term, usually a minimum of 39 weeks.

Why do women choose an elective birth?

- They get “tired of being pregnant”
- They want to assure that family or friends will be there for the birth
- Scheduled vacations from work
- Convenience
- They are told to do so by their doctor
- If a pregnancy is 9 months, that’s 36 weeks...right?



You wouldn't take a cake out
of the oven until it's done!

From what we have talked about...let's list what you see as the “**Good Things**” about waiting till your baby is full term?

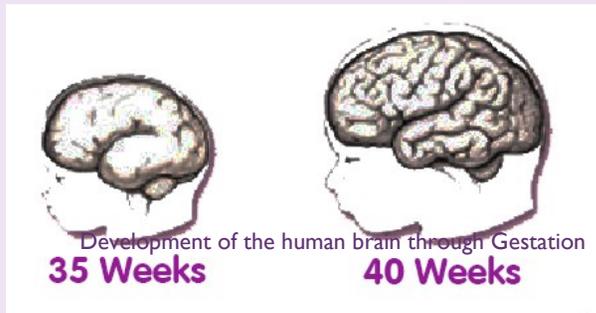
From what we have talked about...let's list what you see as the “**Not so Good Things**” about waiting ?

What would be the risks of having
an elective birth?

Leave the babies in the bellies...

Development of the human brain :

- Lower functions mature first
- Cortex is last to develop
- Brain at 35 weeks weighs only 2/3 of what it will weigh at term



You may like your steak rare, your eggs soft boiled, your tomatoes green... but your baby's brain needs just the right time!

What is an Elective Induction?

A chemical is injected into the mother to start contractions

Are there risks?

• For the Mom:

Twice as likely to end up in a cesarean section

Serious bleedings after delivery

Uterine rupture

• For the Baby:

Feeding difficulties

Umbilical cord problems

Diminished oxygen supply

Lowered heart rate

Increased risk of health problems for the entire first year of life

What is a Cesarean Section? (C-Section)

A major surgical process to remove a baby from a mothers body.

Are there risks?

• For the Mom:

Infection

Heavy blood loss and blood clots

Nausea and vomiting

Severe headaches

Baby is separated from you

• For the Baby:

Injury during the delivery

Need for special care in the neonatal intensive care unit (NICU)

Immature lungs

Breathing problems

What are your thoughts?

How important is it for you to have a healthy baby?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important *Important* *Very Important*

How important is it for you to allow your baby to go 39 weeks?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important *Important* *Very Important*



What are your thoughts?



How confident are you right now that you will wait until your baby is 39 weeks?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important *Important* *Very Important*

Your body and your baby have their own schedule, why not honor them?