

Second Thoughts?

Induction Compunction

1

Birth over the last 20 years

Nearly ALL women birth in-hospital intensive care like rooms, with high tech monitoring devices, and in bed on average 12 hours.



2

When did we normalize intervention

With normal, human processes of birth? Because it was too risky and painful for women?



3

Why is it mammals seek solitude during labor

But women in every culture and society seek out someone to trust who provides reassurance, comfort and continuous presence?



4

Has evolution produced larger baby heads

Told 1/3 of the time they are "too big to fit" through the pelvis. Or is the head tilted, needs to turn, moms needs to move, or get upright.



5

Despite high grade evidence

That interventions increase risk, many still require continuous EFM, suction for meconium, restrict food/fluids, and do not allow walking.



6

They call it labor for a reason

Yet most think labor is dangerous, risky, and someone other than the mother must maintain all control to assure a good outcome.



7

When you are advised about interventions

Do you hear the lengthy disclaimer that follows TV drug advertisements about side effects, including ALL the risks.



8

If choosing an induction without indication

And have a low-risk pregnancy, ask for explanation of how intervening with normal is better science than waiting for labor.



9

Intention to Decision

Weighing the risks and benefits of any decision should take longer than the time you spend purchasing a car.



10

Watchful, Seamless Care is Safe!

Society has led women to believe birth is not a normal human function in low-risk pregnancy. Find those who believe it is.

