



- Respect and dignity
- A companion of choice
- Clear communication by maternity staff
- Pain relief strategies
- Mobility in labour and birth position of choice



3 WAYS

TO SHIFT THE MINDSET ABOUT LABOR & BIRTH

"Most of the 140 million births every year occur **without complications**. Yet, over the past 20 years, practitioners have increased the use of interventions previously only used to avoid risks or treat complications, such as oxytocin infusion to speed up labor or caesarean sections."

Trust Birth

"The increasing **medicalization of normal childbirth processes are undermining a woman's own capability to give birth**. Substantial proportions of healthy pregnant women undergo at least one clinical intervention during labour and birth. They are often subjected to needless and potentially harmful routine interventions."

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Is Safety the Ceiling?

"Achieving the best possible **physical, emotional, and psychological outcomes for the woman and her baby requires a model of care in which health systems empower all women to access care that focuses on the mother and child.**"

Expect Respect

"**Disrespectful and non-dignified care is prevalent in many health facilities**, violating human rights and preventing women from accessing care services during childbirth. In many parts of the world, the health provider controls the birthing process, further exposing healthy pregnant women to unnecessary medical interventions."