



Enlightened
Mama

HEALTHY MOTHER-BABY



Enlightened
Mama

BLEEDING CONTROLLED WITH MEDICATIONS



Enlightened
Mama

DIRECTED PUSHING



Enlightened
Mama

LABOR IN TUB



Enlightened
Mama

MOVE FREELY
DURING LABOR



Enlightened
Mama

PUSH IN UPRIGHT
POSITION



Enlightened
Mama

CONTINUOUS FETAL MONITORING



Enlightened
Mama

LABOR BEGINS WITHIN 1 WEEK OF DUE DATE



Enlightened
Mama

WATER BIRTH



Enlightened
Mama

NO PAIN
MEDICATIONS



Enlightened
Mama

OB DOCTOR



Enlightened
Mama

NO INSTRUMENTS
USED FOR BIRTH



Enlightened
Mama

PROVIDER ON-CALL



Enlightened
Mama

ARTIFICIAL RUPTURE OF MEMBRANES



Enlightened
Mama

LABOR PROCEEDS
AT OWN PACE



Enlightened
Mama

LABOR BEGINS ON
ITS OWN



Enlightened
Mama

IV



Enlightened
Mama

EARLY LABOR AT HOSPITAL



Enlightened
Mama

DELAYED
BREASTFEEDING



Enlightened
Mama

ONE LABOR
SUPPORT PERSON



Enlightened
Mama

BABY
TRANSFERRED
TO NURSERY
AFTER BIRTH



Enlightened
Mama

GIRL



Enlightened
Mama

VAGINAL BIRTH



Enlightened
Mama

NO EPIDURAL



Enlightened
Mama

EPISIOTOMY



Enlightened
Mama

EATING/ DRINKING RESTRICTIONS DURING LABOR

