



Enlightened
Mama

HEALTHY MOTHER-BABY



Enlightened
Mama

BLEEDING
CONTROLLED
WITH UTERINE
MASSAGE/
BREASTFEEDING



Enlightened
Mama

SPONTANEOUS
PUSHING



Enlightened
Mama

NO TUB FOR
LABOR



Enlightened
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LABOR IN BED



Enlightened
Mama

PUSH ON BACK



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Mama

INTERMITTENT FETAL MONITORING



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LABOR BEGINS
MORE THAN ONE
WEEK BEFORE/
AFTER DUE DATE



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LAND BIRTH



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Mama

PAIN MEDICATIONS



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Mama

MIDWIFE



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Mama

INSTRUMENTAL BIRTH



Enlightened
Mama

PROVIDER OF
CHOICE



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Mama

WATER BREAKS
ON ITS OWN



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LABOR AUGMENTED WITH PITOCIN



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INDUCTION OF LABOR



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Mama

NO IV



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EARLY LABOR AT
HOME



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BREASTFEEDING RIGHT AFTER BIRTH



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UNLIMITED LABOR SUPPORT



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BABY HELD SKIN- TO-SKIN AFTER BIRTH



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Mama

BOY



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CESAREAN BIRTH



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EPIDURAL



Enlightened
Mama

NO EPISIOTOMY



Enlightened
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EAT AND DRINK
DURING LABOR

