Normal Birth: Pearls in Your Pocket

- Allow women to eat in early labor and drink throughout
- No routine IV fluids
- IA, not EFM, for low-risk women
- Encourage women to be upright and mobile
- Provide continuous 1 to 1 support
- Don't routinely perform AROM
- Honor the "lull phase" of second stage
- No routine episiotomies or aggressive vaginal stretching
- Delay cord clamping
- Encourage immediate skin-to-skin contact and breastfeeding
- Listen to the evidence, listen to women, and trust yourself

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