Physiologic Birth: Pearls in **Your Pocket**

- · Allow women to eat in early labor and drink throughout
- No routine IV fluids
- IA, not CEFM, 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
- Have patience with labor progress
- Encourage VBAC
- · Interprofessional education, collaboration, and team-based care
- Birth centers and home births are safe options
- · Hydrotherapy is safe and effective



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