

Healthy Birth

Practice #4

AVOID INTERVENTIONS THAT ARE NOT MEDICALLY NECESSARY

- Not all medical interventions are medically necessary
- Choose a birth setting with a low intervention rate
- Choose a doctor or midwife whom you love! If you do not feel heard/seen in your appointments then you should look for a different provider.

PRO TIPS:

REMEMBER TO USE YOUR **BRAIN**.

- **Benefits**
- **Risks**
- **Alternatives**
- **Intuition**
- **Not now**

