

Healthy Birth Practice #1

LET LABOR START ON ITS OWN

- Full Term Pregnancy is 38-42 weeks
- Spontaneous start of labor usually means you and your baby are ready for birth
- Less likely to lead to other medical interventions

PRO TIPS

Questions to ask your midwife or doctor:

- Is there any reason that I would need an induction? If so, can you explain the medical reason?
- Do you feel comfortable with me going past my estimated due date?
- What percentage of your patients get induced?

