Choices in childbirth
In a healthy mother and baby:

• We can check your baby’s wellbeing with a hand-held tool as needed.
• Or with a fetal monitor that stays on your belly during labor.

We also offer a portable monitor that allows you to move more during labor. You and your doctor/midwife should talk about which method is best for you.

Labor progresses better when you drink enough fluids and are well-nourished. We will offer you clear liquids to help you keep your energy up. You are also welcome to bring your own drinks as long as you can see through them.

Babies have better blood counts and more iron if we wait to clamp the cord. This is because the placenta (the organ that nourishes and sustains the baby during pregnancy) will continue to pump blood to your baby, even after he or she is born. This may benefit your baby. Ask your doctor or midwife about this small step.

 Umbilical cord blood has stem cells that could be lifesaving for someone in need.

This may benefit your baby. Ask your doctor or midwife about this small step.

• Scented oils for massage
• Using a tub or shower
• Paced breathing
• Peaceful, dimly lit room

• At the beginning of labor
• At the end of labor

• A “walking epidural” offers more comfort.
• A standard labor epidural is most widely used.

It is important that all members of your care team know and understand your choices.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby.

One of the few steps you can take to help your baby is to make sure your baby is eating. This is because the placenta (the organ that nourishes and sustains the baby during pregnancy) will continue to pump blood to your baby, even after he or she is born.

This will help your baby turn and move lower in your pelvis. When it is time to push, we will help you find the position that works best for you.

Babies have better blood counts and more iron if we wait to clamp the cord. This is because the placenta (the organ that nourishes and sustains the baby during pregnancy) will continue to pump blood to your baby, even after he or she is born. This may benefit your baby. Ask your doctor or midwife about this small step.

 Umbilical cord blood has stem cells that could be lifesaving for someone in need.

This may benefit your baby. Ask your doctor or midwife about this small step.

• Scented oils for massage
• Using a tub or shower
• Paced breathing
• Peaceful, dimly lit room

• At the beginning of labor
• At the end of labor

• A “walking epidural” offers more comfort.
• A standard labor epidural is most widely used.

It is important that all members of your care team know and understand your choices.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby.

One of the few steps you can take to help your baby is to make sure your baby is eating. This is because the placenta (the organ that nourishes and sustains the baby during pregnancy) will continue to pump blood to your baby, even after he or she is born.

This will help your baby turn and move lower in your pelvis. When it is time to push, we will help you find the position that works best for you.

Thank you for choosing Cedars-Sinai! We look forward to birthing with you. We believe that pregnancy and birth are natural experiences that are different for each woman and her family. We honor all families and respect your birth choices. We will share information with you, answer your questions and then make decisions together. When making choices, it is important to know what “evidence shows.” Evidence-driven medicine means we do what the most up-to-date research tells us to do.

Here are important things you should know:

EVIDENCE SHOWS THAT:

When there are no problems in pregnancy or during labor, a vaginal birth is the safest way to have a baby.

• The hospital stay is shorter and recovery is quicker.
• There are less breathing problems for the baby.
• There is less risk of infection.
• There is less blood loss from mom.

Mothers with a good support team and different comfort options can cope better with labor. We welcome your support team (partner, doula, friends and family), and look forward to working together. Comfort options include:

• Using a tub or shower
• Warm Packs
• Scented oils for massage
• Visualization
• Your favorite music
• Paced breathing
• Peaceful, dimly lit room

• At the beginning of labor
• At the end of labor

• A “walking epidural” offers more comfort.
• A standard labor epidural is most widely used.

It is important that all members of your care team know and understand your choices.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.

One of the most important jobs you will learn as a new parent is how to feed your newborn. Breast milk is the ideal source of nutrition for infants. It is a very healthy choice for both mother and baby. A mother’s personal preference to formula feed or to breastfeed and formula feed is supported. We encourage skin-to-skin care when you feed your baby and for bonding time.

If there is an emergency, having an IV is safest for your baby and your doctor/midwife will place your baby on your chest right after birth. Skin-to-skin helps babies stay warmer, cry less and get to know you. The nurse can check the baby and give medications while your baby is skin-to-skin. These medications include antibiotic eye ointment and Vitamin K. Talk with your pediatrician about these medications.