



Let labour  
begin on it's  
own

Walk, move  
around and  
change  
positions  
throughout  
labour

Bring a loved  
one, friend or  
doula for  
continuous  
support

Follow the Lamaze Six Healthy Birth Practices for the best  
chance of a normal, healthy birth.

Avoid  
interventions  
that are not  
medically  
necessary

Avoid giving  
birth on your  
back and follow  
your body's  
urge to push

Keep mother and  
baby together.  
It's best for  
mother, baby  
and  
breastfeeding