



Labor Resources

The information and recommendations in these handouts are not a substitute for health care. Please consult your health care provider for information specific to you and your health.

- **American College of Nurse Midwife Patient Handouts**
 - <https://onlinelibrary.wiley.com/page/journal/15422011/homepage/labor-birth>
- **Healthy Pregnancy and All Topics Related to Pregnancy**
 - <https://americanpregnancy.org/category/healthy-pregnancy/>
 - <https://americanpregnancy.org/healthy-pregnancy/>
- **Cutting the Cord**
 - <https://americanpregnancy.org/healthy-pregnancy/labor-and-birth/delayed-cord-clamping-26005/>
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13132>
 - https://www.who.int/elena/titles/cord_clamping/en/
- **Did My Water Break?**
 - <https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/water-breaking/art-20044142?pg>
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12509>
- **Eye Ointment for Newborn**
 - <https://evidencebasedbirth.com/is-erythromycin-eye-ointment-always-necessary-for-newborns/>
 - <https://www.aafp.org/news/health-of-the-public/20190130uspstfgon.html>
- **Labor Progress**
 - <https://www.spinningbabies.com/pregnancy-birth/labor/tips-for-labor-progress/When Labor is LONG>
 - <https://www.spinningbabies.com/pregnancy-birth/labor/what-to-do-when/>
- **Medication in Labor**
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12428>
- **Positions**
 - <http://www.milescircuit.com/>
 - http://www.milescircuit.com/uploads/4/8/1/4/4814341/miles_circuit.pdf
 - <https://evidencebasedbirth.com/evidence-birthing-positions/>
- **Second Stage of Labor: Pushing Your Baby Out**
 - <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13126>

- **Spinning Babies**
 - <https://www.spinningbabies.com/pregnancy-birth/labor/>
- **Umbilical Cord Banking:**
 - <https://bloodcell.transplant.hrsa.gov/CORD/Options/index.html>
 - <https://www.acog.org/Patients/FAQs/Cord-Blood-Banking>
 - <https://onlinelibrary.wiley.com/doi/10.1016/j.jmwh.2007.12.016>
- **Vitamin K in Newborn**
 - <https://evidencebasedbirth.com/evidence-for-the-vitamin-k-shot-in-newborns/>
 - <https://kidshealth.org/en/parents/vitamin-k-shot.html>
 - [https://www.cdc.gov/ncbddd/vitamink/faqs.html#:~:text=VKDB%20is%20a%20serious%20and,K%20deficiency%20bleeding%20\(VKDB\)](https://www.cdc.gov/ncbddd/vitamink/faqs.html#:~:text=VKDB%20is%20a%20serious%20and,K%20deficiency%20bleeding%20(VKDB))

Educational Video Resources

- ***How to Have a Faster Labor with a REBOZO***
 - <https://www.youtube.com/watch?v=oUb4hT2Zizg&feature=youtu.be>
- ***How to Have a Faster Labor with a BIRTH BALL***
 - <https://www.youtube.com/watch?v=cdxelXEPMFo&feature=youtu.be>
- ***The Best Labor Positions for a Faster and Easier Birth***
 - <https://www.youtube.com/watch?v=PKXtUi-giGA&feature=youtu.be>
- ***Get Upright and Follow Urges to Push***
 - https://www.youtube.com/watch?app=desktop&feature=player_embedded&v=NjtM4EtSs34
- ***How to PUSH During Labor | Best Positions to Push Baby Out!***
 - <https://www.youtube.com/watch?v=EQwruLMWWsg>
- ***The Miles Circuit***
 - <https://www.youtube.com/watch?v=FS5ywrKZSns>

Variety of Pregnancy Topics:

<https://americanpregnancy.org/category/healthy-pregnancy/>

Google Drive Folder to Access More Articles:

<https://drive.google.com/drive/folders/1yuTDTyAhUeYE5aL8OlSyoKRzg4kYovRQ?usp=sharing>

