Evidence Based Birth – 3/30/20

While we do face uncertain times, the power of information and support is more crucial than ever before. I hope this resource is a source of calm and comfort for you.

**Watch our free, YouTube hosted course here:** [**Birthing in the time of COVID-19 Crash Course**](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/e0hph7h20rzd3m/aHR0cHM6Ly93d3cueW91dHViZS5jb20vcGxheWxpc3Q_bGlzdD1QTC1sRVhDVU9qTi1pc1RTdmd0NVFlOGQ0WUp4RjVmWnJT)**.**

[Here is the download to your Guided Relaxation mp3.](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/5quvh7hzgvr5d0/aHR0cHM6Ly9kb3dubG9hZC5maWxla2l0Y2RuLmNvbS9kLzZaQnNFQTQ5UDc3ZDZUV1VDejFQZmYvNFoxc1NqVFZXY0tqajlLaWNXZHA0VQ==)

Please, bookmark this email and the resources in it. As you move through our free YouTube crash course, these links below will supplement your learning.

I also wanted to make you aware that these videos are part of our Evidence Based Birth® Childbirth Class. You can learn from the full, comprehensive curriculum with an Evidence Based Birth® Instructor. [**Click here to get connected with a class taught by an Instructor.**](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/d9feh0hm0e3pel/aHR0cHM6Ly9ldmlkZW5jZWJhc2VkYmlydGguY29tL2NoaWxkYmlydGgtY2xhc3Mv)

Warmly,

Rebecca

**Birthing in the time of COVID-19: Introduction**

*<<* [*Worksheet for Stages of Labor + Hormones of Labor*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/ketmh6h3n5o5kq/aHR0cHM6Ly9kb3dubG9hZC5maWxla2l0Y2RuLmNvbS9kLzZaQnNFQTQ5UDc3ZDZUV1VDejFQZmYvcXRTNG8zMnNieWFaOTJQM0ZWeUVCRQ==) << Evidence Based Birth® *Handout*

**Birthing in the time of COVID-19: Stages of Labor Part 1**

*<<* [Evidence on: Comfort Measures during Early Labor](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/qnc8h7h0d4l499/aHR0cHM6Ly9kb3dubG9hZC5maWxla2l0Y2RuLmNvbS9kLzZaQnNFQTQ5UDc3ZDZUV1VDejFQZmYvaVpZcHYzemZTRFRDQWZ0YzVyZW5pSw==) << Evidence Based Birth® Handout

Watch [*this*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/e3sph7h207xr49/aHR0cHM6Ly9ldmlkZW5jZWJhc2VkYmlydGguY29tL3Bvc2l0aW9ucy1kdXJpbmctbGFib3ItYW5kLXRoZWlyLWVmZmVjdHMtb24tcGFpbi1yZWxpZWYv) EBB video to learn more about how positions during labor can have effects on pain relief.

Read our EBB Signature Article on [*Failure to Progress*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/eoaph7h207xr4x/aHR0cHM6Ly9ldmlkZW5jZWJhc2VkYmlydGguY29tL2ZyaWVkbWFucy1jdXJ2ZS1hbmQtZmFpbHVyZS10by1wcm9ncmVzcy1hLWxlYWRpbmctY2F1c2Utb2YtdW5wbGFubmVkLWMtc2VjdGlvbnMv) to learn more about how using evidence based definitions for early (latent) labor and active labor can help to prevent unnecessary Cesareans. (NOTE: Every Signature Article is accompanied by a one-page handout you can download and use. We highly recommend printing off these one-page handouts and bringing them with you to the hospital.)

**Birthing in the time of COVID-19: Stages of Labor Part 2**

Check out the fetal positioning resources available at [*Spinning Babies*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/40bvhehnrmoxkw/aHR0cHM6Ly9zcGlubmluZ2JhYmllcy5jb20v)

Read our EBB Signature Article on [*Birthing Positions*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/p7heh9hlz4vqr3/aHR0cHM6Ly9ldmlkZW5jZWJhc2VkYmlydGguY29tL2V2aWRlbmNlLWJpcnRoaW5nLXBvc2l0aW9ucy8=) for evidence on pushing positions in the second stage of labor.

Read our EBB Signature Article on [*Skin-To-Skin After Cesarean*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/r6u8hohe0m86kk/aHR0cHM6Ly9ldmlkZW5jZWJhc2VkYmlydGguY29tL3RoZS1ldmlkZW5jZS1mb3Itc2tpbi10by1za2luLWNhcmUtYWZ0ZXItYS1jZXNhcmVhbi8=) for more information on the benefits of early skin-to-skin care, including for babies born by Cesarean.

**Birthing in the time of COVID-19: Hormones of Labor**

Check out Dr. Sarah Buckley’s report on the [*'Hormonal Physiology of Childbearing'.*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/2mi2hohe235m60/aHR0cHM6Ly93d3cubmF0aW9uYWxwYXJ0bmVyc2hpcC5vcmcvb3VyLXdvcmsvaGVhbHRoL21hdGVybml0eS8=)

**Birthing in the time of COVID-19: How to Obtain a Birth Ball**

* If you are under 5’4″ (<162 cm), then get a 55 cm ball
* If you are between 5’4″ and 5’10″ (between 162 cm – 178), get a 65 cm ball
* If you are over 5’10” (>178 cm), get a 75 cm ball

The goal is to get your knees just below your hips (in the video, you can see my hips are a little bit too low! This ball is a little too short for me!)

Watch [*this*](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/65feh8hd7lq9ov/aHR0cHM6Ly9ldmlkZW5jZWJhc2VkYmlydGguY29tL3Bvc2l0aW9ucy1kdXJpbmctbGFib3ItYW5kLXRoZWlyLWVmZmVjdHMtb24tcGFpbi1yZWxpZWYv) EBB video to learn more about how positions during labor, including using a birth ball, can have effects on pain relief.

**Birthing in the time of COVID-19: Options During COVID-19**

*<<* [Pandemic Specific Info for Birthing Families](https://el2.convertkit-mail.com/c/xmuk0ww80i3uwe36mb5/d8teh0hmeo2o2z/aHR0cHM6Ly9kb3dubG9hZC5maWxla2l0Y2RuLmNvbS9kLzZaQnNFQTQ5UDc3ZDZUV1VDejFQZmYvZUM2Qm9HcUw5OHZxQ3pHeGszYVdDZg==) << Evidence Based Birth® Handout