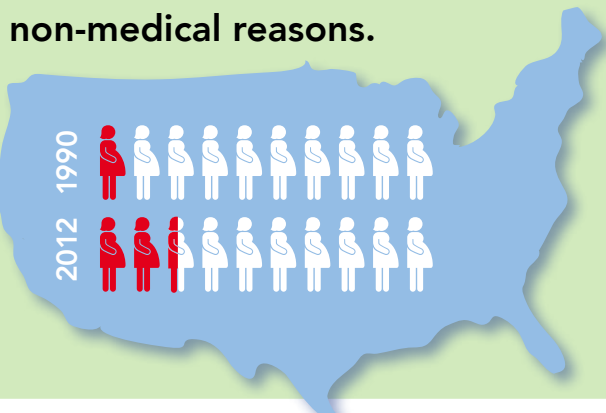


# I'm READY to have this baby! What's the big deal?

Babies need at least 39 weeks to grow before they are born.

Sometimes inductions are medically necessary. But many births are being scheduled early for non-medical reasons.



In the last 2 decades, the number of inductions has **MORE THAN DOUBLED.**



If you and your baby are healthy, wait for labor to begin on its own. Here's why...

Your due date may **NOT** be exactly right!  
It could be off by as much as **2 weeks.**



Babies aren't fully developed until **39 completed weeks of pregnancy.**

- brain
- lungs
- liver



At 35 weeks, baby's brain weighs just **two-thirds** of what it does at 39 weeks.

Babies born even a **FEW WEEKS** early can have serious health problems.

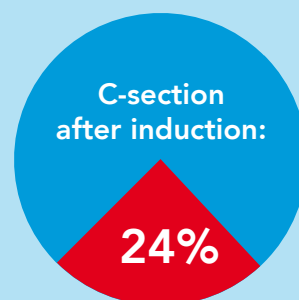
They may need help breathing, feeding and keeping warm and can have serious problems that require care in a NICU.



Induction of labor may cause **PROBLEMS.**

- stronger, more painful contractions
- infection in mom or baby
- changes in baby's heart rate
- uterine rupture, in rare cases

Inducing your labor may not work. It can **DOUBLE** your chance of needing a c-section.



A c-section is **MAJOR SURGERY.** It takes 4 to 6 weeks to fully recover.

Talk to your health care provider. Be **INFORMED.** Ask questions.

For more information, go to:  
[marchofdimes.com/39weeks](http://marchofdimes.com/39weeks)



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