



## **Conditions for a good framework during pregnancy:**

### **Sound information for the pregnant woman**

- Doctors as well as midwives make clear during the pregnant woman's check-ups that giving birth is a healthy process and risks are only exceptions.
- They give information that all pregnant women can take advantage of the midwives' support which is paid by health insurances.
- Use and risks of the medical diagnosis during pregnancy are fully explained.
- Advice and information include the fact that alcohol, smoking and other drugs damage the health of the unborn child and the expectant mother. The risk of having a Caesarean section is also increased.
- Local gynaecologists as well as clinical obstetricians work on common criteria to select the pregnant women who should make an appointment at a clinic.
- The women's partners are actively involved and informed, especially concerning their role during the delivery and in the weeks following childbirth. The prenatal classes for expectant fathers are pointed out.
- The expectant parents are informed about the short-term and long-term risks of a vaginal birth and a Caesarean section for the newborn child and the mother.
- The website of the "Bundeszentrale für gesundheitliche Aufklärung" (BZgA) [www.familienplanung.de](http://www.familienplanung.de) is recommended to pregnant women. It offers professionally correct and neutral information.