

THE SHE BIRTHS® RESEARCH REVIEW

The Birthing Institute provides the highest quality evidence-based Childbirth Education, Training and Research for Better Births in the world. In fact, She Births® is the only scientifically-verified childbirth education program proven to improve birth outcomes for mums, partners and babies.

In the last decade, numerous international studies have been undertaken in isolation on certain elements of birth preparation (i.e. active birthing, acupressure, relaxation, massage, yoga and breathing techniques) with results showing marginal improvement.

However, according to the Cochrane Review of Childbirth Education, no other studies into childbirth education programs on their own have shown any significant birthing improvements, except for She Births®.

The She Births® program has a solid foundation in scientific research and is a proven world leader in childbirth education and training for improved birthing results.

You can read more about this ground-breaking study in the **British Medical Journal (BMJ)**, 2016 and Midwifery Journal, 2016.



SCIENTIFICALLY PROVEN TO WORK

The She Births® antenatal education program has been scrutinised in large randomised controlled trials over the last five years within two mixed demographic hospitals in Sydney, Australia.

This ground-breaking research highlights dramatic improvements for the Study group, who received the She Births® program, in comparison to the Control group who received the standard hospital birth preparation course.

Couples in the Study group had a relative:

65% reduction in epidural rates

44% reduction in caesarean sections

50% reduction in medical augmentation using artificial means

53% reduction in resuscitation of babies

12% reduction in perineal trauma

The study group also experienced shorter labours, particularly second stage (pushing) by a mean of 32 minutes. There was also a 12% reduction in perineal trauma (84.7% vs 96.4%).

This is the first time a study of its kind has been undertaken in the world with such significant results and is set to positively impact the way women and critically their partners prepare for childbirth.

Overall a staggering 44% increase in natural vaginal births was found using the unique She Births® education program.



For further reading please see the *Midwifery Journal*, 2016.



RESEARCH RESULTS FROM OUR POST BIRTH SURVEY

Results from the She Births® – Post Birth Survey were randomly completed by over 200 She Births® mums and demonstrate significantly lower medical assistance rates, more normal birth rates and very high degrees of birth satisfaction.

She Births® mums are a mixture of both high and low risk mums, primarily primigravidae and birth within both public and private hospitals.

Our quantitative Post Birth Survey results show that:

- **70%** of She Births® mums have a natural vaginal birth
- **17%** have a C-section (12% emergency & 5% scheduled) compared to a national average of 33%
- **13%** have an epidural compared to 34-43% in the public sector and 58-66% in the private sector
- **14%** are medically induced compared to a national figure of 39% and private sector rate of 50%

Our qualitative Post Birth Survey results also revealed that:

- **98%** of She Births® couples say that our program allowed them to create a beautiful birth, no matter what unfolded
- **95%** of couples say that She Births allowed them to connect more deeply with each other and communicate more effectively with their caregiver
- **97%** of mums say that prenatal yoga was critical to helping them prepare for birth

SCIENTIFICALLY-PROVEN TOOL KIT

Individual birthing tools that have been previously studied and show some improvements in birth experience are all taught in the She Births® online and face-to-face courses. They include:

Active birthing methods

Calming & Hypnosis techniques

Acupressure techniques for induction, labour & breastfeeding

Yoga for positioning and self-hypnosis

Doula skills for partners

You can read more about these evidence-based tools included in the She Births® online program and further information is given in our evidence-based booklets at every face-to-face course.

ONLINE PROGRAM

WEEKEND COURSE