

# Low Intervention Birth Experience

## What is low intervention?

A low intervention birth experience is when a pregnant person plans to let labor and birth progress naturally and hopes to deliver vaginally. The goal is to have limited medical help and little to no medicine for discomforts or pain during childbirth.

## Why do people choose low intervention?

This is a very personal choice, and your reason may be different from someone else. Low intervention birth may help you be more in touch with the experience of labor and birth. Others choose it so they do not have the effects of medicine on themselves or baby.

## What can I expect if I plan to have a low intervention childbirth?

Every person's birth is different. For a low intervention birth, some things you may want or request are:

- Freedom of movement. You can move around and change positions during labor to help your body progress naturally.
  - There are options like the peanut ball and birth ball to help with position changes and activity.
- Discomfort or pain relief options other than medicine, such as water therapy, aroma therapy, music therapy, massage therapy, or a quiet environment.
- Intermittent auscultation, which means checking baby's heart rate at regular intervals during labor.
  - If baby needs to be monitored continuously, there are wireless monitor options available.
- An IV line may be recommended, but it is not attached to anything unless needed.

## Who can do this?

- This is an option for low-risk patients. Ask your doctor or midwife if you are low risk.
- Many low intervention options are available even if you have some pregnancy risk factors.
- It is important to talk to and work with your doctor or midwife about your birth preferences.
- The labor and delivery team will treat you with respect and honor your wishes as much as possible.  
**Sometimes plans may need to change to keep you and baby safe during the labor and delivery process.** Being flexible is key to the labor and delivery experience. The ultimate goal is to keep you and baby safe.

## What should I ask my doctor or midwife?

- Am I low-risk? If not, what low intervention options are still available to me?
- Can you refer me to classes to learn more about childbirth and low intervention techniques?
- Where can I find more information about my options?
- How do I create a birth preference list that shows my wishes for childbirth?

## Can I change my mind?

Yes, you can change your mind. Make sure you talk to your midwife or doctor throughout your labor. They will work with you to help make the best and most safe decisions for you and baby.

- Your labor and delivery team may also recommend changes to keep you and baby safe.
- The team will communicate clearly and often with you if changes are needed, and you can let the team know at any time if you want to make changes.

## Are there low intervention birth classes where I can get more information?

A hypnobirthing class may be helpful. Talk to your doctor or midwife for other resources.

Visit: [henryford.com/services/baby/childbirth-education/hypnobirthing](https://henryford.com/services/baby/childbirth-education/hypnobirthing)

