



مدينة الملك فهد الطبية
King Fahad Medical City



Mother-Friendly Care

To support, protect, and promote mother friendly care we:

- 1. Offer all birthing mothers:**
 - Access to a labor/birth support person of her choice, including her husband or a female relative.
 - The labor/birth support person will be welcomed and encouraged to provide the support the mother needs.
 - Access to professional midwifery care.
- 2. Provide culturally competent care.**
- 3. Provide the birthing woman with the freedom to walk, move about, and assume the positions of her choice during labor and birth (unless restriction is specifically required to correct a complication).**
- 4. Allow the birthing woman to drink and eat light foods during labor, if desired.**

- 5. Discourage clinical intervention where labor is progressing normally and the woman and baby are well.**
- 6. Encourage women to consider the use of non-drug methods of pain relief unless pain medication is necessary because of complications, respecting the personal preferences of the mother.**
- 7. Encourage all mothers, families to touch, hold, breastfeed, and care for their babies.**

Strive to achieve the WHO-UNICEF “Ten Steps of the Baby-Friendly Hospital Initiative” to promote successful breastfeeding.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Women Specialized Hospital



HEM2.16.000441

