

Powerful Mamas® Natural Birth Course

****Focus Guide Series****

Lesson 13: Misleading Due Dates & Ultrasounds

What are the main reasons induction and planned c-sections for big babies are NOT based on evidence?

- A. Big babies might temporarily get stuck during delivery, but this difficulty is hard to predict and permanent injuries are rare.
- B. Providers AND ultrasounds cannot reliably predict if a baby will be large.
- C. Inducing suspected big babies does NOT lower the possibility of shoulder dystocia - but it might increase the risk of a c-section.
- D. In non-diabetic women the risks of a c-section are higher than the possibility of the baby having permanent damage from shoulder dystocia.
- E. All of the above!

What gestational week could evidence support inducing labor to improve birth outcomes?

Offer 3 reasons why an estimated due date could be inaccurate, assuming a woman is allowed to go into labor spontaneously.

Calculate the window of “accuracy” for a first trimester, second trimester and third trimester ultrasound when predicting due dates, per the “When is that baby due?” article by Henci Goer.