

# Don't Rush ME!

**Nobody likes to be rushed,  
especially babies.**

Your baby needs at least a full 40 weeks of pregnancy to grow and develop. Inducing labor even a week or two early is associated with a host of risks, including prematurity, cesarean surgery, hemorrhage and infection.

While it may seem convenient for you or your health care provider, labor should only be induced for medical reasons.

Your baby will let you know when he's ready to come out, so give him at least a full 40 weeks.

**Download a free copy of  
*40 Reasons to Go the Full 40*  
at [www.gothefull40.com](http://www.gothefull40.com).**



**The nurses of AWHONN remind you not to rush your baby—give him at least a full 40 weeks!**