

## The Uptake of Lamaze Technique in Antenatal Care

Dear Editor,

The Lamaze Technique in antenatal care empowers parents through informed decision-making and active involvement. It effectively reduces childbirth-related anxiety with comprehensive fear management tools and emphasizes the importance of partner involvement in fostering teamwork.<sup>[1]</sup> The technique prioritizes non-medical pain management methods and holistic coping mechanisms, enhancing the overall childbirth experience. Trust in natural birth enhances the experience, offering additional benefits including smoother postpartum recovery and comprehensive childbirth education. The adaptability of Lamaze technique makes it suitable for various settings, ensuring accurate information for informed decisions and promoting empowerment, anxiety reduction, and fostering a positive childbirth experience. Lamaze uptake hurdles include: Awareness, cultural factors, medical needs, and rural accessibility.<sup>[2]</sup> To increase the usage of this technique, conducting education campaigns, integrating into antenatal care, establishing support groups, providing professional training, offering online resources, giving provider incentives, and advocating for supportive policies are needed. Ensuring uniform education and addressing variations are crucial for widespread use of the technique. Empowering pregnant women with Lamaze education enables them to make informed choices, thereby promoting universal availability and accessibility in childbirth preparation.<sup>[3]</sup> For Lamaze education to be widely accepted, cultural sensitivity is crucial requiring alignment with local cultural norms. Ensuring affordability and accessibility of Lamaze classes across diverse socioeconomic groups are vital. Clear evidence of effectiveness and safety of Lamaze technique boosts confidence, while endorsement from reputable healthcare organizations enhances its credibility. Prioritizing continuous support during labour and offering psychosocial services align with the Lamaze principles. Incorporating Lamaze preferences in birth plans empowers parents by supporting their informed choices during childbirth. Highlighting the postpartum benefits of Lamaze technique and providing accessible resources are essential for widespread adoption. Additionally, creating supportive environments in healthcare facilities fosters a more positive birth experience<sup>[4]</sup>

### Financial support and sponsorship

Nil.

### Conflicts of interest

Nothing to declare.

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<https://journals.lww.com/ijnmr>

#### DOI:

10.4103/ijnmr.ijnmr\_328\_23

**How to cite this article:** Garg RK. The uptake of lamaze technique in antenatal care. *Iran J Nurs Midwifery Res* 2025;30:140.

**Submitted:** 22-Oct-2023. **Revised:** 24-Jul-2024.

**Accepted:** 12-Aug-2024. **Published:** 15-Jan-2025.

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