

THE TRUTH ABOUT *estimated due dates*

1

ESTIMATED DUE DATES
ARE BASED ON THE IDEA
THAT PREGNANCY LASTS

for 40 weeks

BUT IF LEFT ALONE

50-80%

OF MOTHERS WILL
CARRY THEIR BABY
FOR OVER 40 WEEKS

2

MANY ESTIMATED DUE
DATES ARE ALSO BASED ON
THE IDEA THAT WOMEN HAVE

a 28 day cycle

BUT SOME WOMEN HAVE
LONGER CYCLES, SOME HAVE
SHORTER CYCLES, AND EVEN
THOSE WITH 28 DAY CYCLES
DO NOT ALWAYS OVULATE
ON DAY 14

3

THE AMERICAN COLLEGE
OF OBSTETRICIANS AND
GYNOCOLOGISTS
RECOMMENDS NOT
DISTURBING A NORMAL
PREGNANCY BEFORE

*42 completed
weeks*

4

ON AVERAGE, PREGNANCY FOR
FIRST TIME MOTHERS LASTS

41 weeks and 1 day

COMPARED TO

40 weeks and 3 days

FOR MOTHERS WHO HAVE
GIVEN BIRTH PREVIOUSLY

Information in this infographic comes from:
*The Lie of the EDD: Why Your Due Date Isn't
When You Think* (www.bestdoulas.com)

THE *danger* OF THE FALSE DUE DATE

When a woman's due date leads her to believe she is overdue before baby has fully matured in the uterus, she could be influenced to induce labor or schedule birth prematurely, resulting in unnecessary health problems.