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Local Clinic Offers Tips for Women Past Their Due Dates *Clinic Sofia offers support for women in all stages of pregnancy*

MINNEAPOLIS (Dec. 24, 2015) — Whether you were hoping for a pink or blue year-end tax deduction or are simply past your due date, many women seek healthy homegrown solutions to induce labor. Do they work? That depends on each mom and baby. [Clinic Sofia](#), a local OBGYN clinic known for empowering women to be advocates for their own health, shares a few helpful tips when it comes to that special year-end delivery.

“If you are approaching your due date or have seen it come and go already, it’s first important to remember that babies are on their schedules, not ours, and many pregnancies go as long as 42 weeks,” said Dr. Donna Block, founder of Clinic Sofia in Edina and Maple Grove. “However, there are a few safe things you can try to encourage labor along if you’re hoping to celebrate the holidays this year with a newborn. Ultimately, the goal is to have a healthy baby, whether that is in 2015 or 2016!”

If you’re eager to deliver and are close to your due date, consider the following tips:

- **Have sex.** “This is actually our top tip!” Dr. Block added. “Semen contains prostaglandins which can help soften the cervix, and some hospitals use prostaglandins to induce labor. Plus, it can be a pleasurable experience for both parties if taken slowly.”
- **Move.** Exercise such as walking and squats can help bring babies further into the pelvis to put additional pressure on the cervix, which can provide a gentle nudge. Jumping up and down is not needed or necessary.
- **Try something spicy.** While some women swear by spicy food, others just find that it results in uncomfortable heartburn so eat with caution.

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Some women also try nipple stimulation, however, this can release the hormone oxytocin, which can cause uterine contractions. Uterine contractions without cervical change won't induce labor and can be very uncomfortable, not to mention overstimulating the uterus.

And if you're already thinking about taxes, if your baby is born by Dec. 31, 2015, you will receive a \$4,000 dependent tax deduction (and don't forget about pregnancy and childbirth deductions). In addition, many hospitals and communities pitch in to celebrate the New Year's baby with special treats, media attention and extra celebration.

"It's good to remember that you and your baby have already made it nine months, so while a few more days might seem like a long time, it helps to put things in perspective," Dr. Block said. "Take some time to enjoy life as it is now, and, of course, get as much sleep as you can!"

About Clinic Sofia

Clinic Sofia, a leading OB-GYN clinic with locations in Edina and Maple Grove, provides full-circle healthcare for women. The clinic's name is inspired by the Greek goddess Sophia, who is a symbol of women's wisdom, life stages, fertility, monthly cycles and nurturing. Staffed completely by women, Clinic Sofia uses the intuitive arts of observation, listening and communication in addition to the medical expertise in the areas of obstetrics and gynecology to meet the complete health needs of women. For more information, please visit www.clinicsofia.com

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