Abstract (resumen de 100-250 palabras)

Delivery care has evolved throughout history. Until recently, the tendency was medicalization to decrease maternal and fetal mortality rates. Because of this, delivery care is not anymore an intimate moment of each couple and today assisted delivery care is something almost pathological. In other European countries the type of assistance changed some years ago but Spain is still stuck. These last years it has emerged an initiative promoted by midwives and women, supported by the Federation of Midwives of Spain and based on WHO recommendations, aimed at humanizing delivery assistance. The programme to childbirth preparation classes proposed in this final year project aims to collaborate with this initiative by training women in basic knowledge about childbirth, boosting their right to decide.

Key words: Normal birth, homebirth, birth care, assisted birth, humanized birth.