



## *The Journal of Perinatal Education*

**The Official Journal of Lamaze® International**

### **GUIDELINES FOR AUTHORS**

*The Journal of Perinatal Education* (JPE) is the official journal of Lamaze International, whose mission is to promote, support, and protect natural, safe, and healthy birth through education and advocacy.

As the leading peer-reviewed journal specifically for childbirth educators, JPE publishes evidence-based articles to advance the knowledge of aspiring and seasoned educators in any setting—independent or private practice, community, hospital, nursing or midwifery school—and to inform educators and other health-care professionals on research that will improve their practice and their efforts to support safe, healthy birth. The journal also publishes features that provide practical resources and advice health-care professionals can use to enhance the quality and effectiveness of their care or teaching to prepare expectant parents for birth.

JPE is published quarterly for Lamaze International members and for individual and institutional subscribers. The journal's content focuses on pregnancy, childbirth, the postpartum period, breastfeeding, neonatal care, early parenting, and young family development. In addition to childbirth educators, JPE's readers include nurses, midwives, physicians, and other professionals involved with perinatal education and maternal–child health care.

We welcome manuscript submissions in the following categories:

- original or replicated research studies with implications for perinatal education (these typically include an introduction, literature review, methods, results, discussion, and implications for practice);
- systematic review of the literature providing evidence to support current best practices that promote natural, safe, and healthy birth;
- examples of exemplary maternal–newborn services or clinical projects that translate best evidence into care practices;
- current issues or emerging trends that influence care practices for childbearing families and newborns;
- birth stories and personal experiences of women or families that describe natural, safe, and healthy birth;

- guest editorials with critical commentary on professional issues or trends influencing maternity care;
- letters to the editor of 300 words or less, commenting on recent articles published in the journal; and
- creative submissions such as poetry, photos, and drawings.

## CONTACT US

We welcome and encourage your inquiries:

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## SUBMITTING YOUR MANUSCRIPT

JPE uses an online manuscript submission and peer review system, Editorial Manager. To access the system and submit your manuscript to JPE, go to: [www.editorialmanager.com/j-pe](http://www.editorialmanager.com/j-pe).

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## PREPARING YOUR MANUSCRIPT FOR SUBMISSION

Prepare your manuscript according to the most recent edition of the *Publication Manual of the American Psychological Association* (APA) for formatting, grammar, punctuation, and style. In addition to the manual, check APA’s website for more information about APA style ([www.apastyle.org/index.aspx](http://www.apastyle.org/index.aspx)).

### General Guidelines

- Use Microsoft Word for your manuscript submission file.
- Combine your manuscript’s abstract, main text, and references into one document. Tables and figures can also be included with this document (each placed on separate pages after the reference list) or, depending on their file format (e.g., TIFF, PICT, JPEG), uploaded as separate files with your submission on Editorial Manager.
- Use 1-inch margins on all sides, left justified only (do not justify the right margin).
- Number pages consecutively, beginning with the abstract page and continuing through the reference list and the pages containing your tables and figures. Include page numbers and a running head (short title) in a “header” on each page. Do not include your name, initials, or identifying information in the header or in the name of your submission file.
- Use 12-point Times New Roman font consistently throughout the manuscript.
- Double-space the entire document (including abstract, block quotations, references, tables, and legends).
- Create each new paragraph with a 1/2-inch tab indentation on the first line. Do not create new paragraphs by inserting an extra line space between paragraphs.
- Follow APA style for headings and subsequent subheading levels.
- If you use a reference-managing program (e.g., EndNote®), remove all “field codes” (which turn the citations and references gray) before submitting your manuscript.
- Limit your manuscript length to 16 pages (excluding references, tables, and figures).
- Include a section on implications for practice—especially for childbirth educators, JPE’s primary readership.

### Cover Letter

Prepare a brief cover letter, separate from your manuscript, to copy and paste in the “Author Comments” field when you upload your submission on Editorial Manager. Include the full title of your manuscript and add any comments or indicate specific features of the manuscript that the editors should note. The cover letter should also identify any tables, figures, or other items (e.g., photos) that accompany the manuscript, need special headings or captions, and/or may require written permission to be published.

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- Begin the first page of your manuscript submission with an abstract (limited to 120 words) on a single page. The abstract should summarize the main points of your manuscript. Do not provide a structured abstract, do not include the same sentences as in your introduction, and do not cite references in the abstract.
- Double-space the abstract and type as a single paragraph, without paragraph indentation.
- On a separate line below the abstract, include three to five keywords for indexing purposes.
- Begin page numbering your manuscript on the abstract page.

### Citations and References

References are a critical element of a scholarly publication and demand close scrutiny. As the manuscript’s author, you are responsible for correctly, completely, and accurately citing and referencing sources. Your careful attention to accurately citing and referencing sources helps confirm your reliability as a researcher and an author.

- JPE adheres to the most recent edition of the *Publication Manual of the American Psychological Association* (APA) for style requirements, in which citations are included in

the text (identifying the last name(s) of the author(s) and year of publication), and the reference list is alphabetized by the last name of the author(s).

- References should include only primary sources and be used prudently.
- References should be current (5 years or less, except classic publications).
- The reference list should be double-spaced and should directly follow the main body of your manuscript.
- The first line of each reference entry should be flush left, with subsequent lines indented 1/2 inch (use the “hanging indentation” feature in Microsoft Word, not the space bar or tab key). Do not separate each reference list item with an extra line space.

## Tables

Tables are an effective way to summarize, organize, or condense data or information. Data appearing in the tables should supplement, not merely duplicate, the data presented in the text. A table should be able to stand independently, without requiring explanation from the text.

- Include each table on a separate page following the reference list. Do not imbed your tables in the main body of your manuscript.
- Number tables consecutively, using Arabic numerals, in the order of their mention in the text (all tables must be mentioned in the text).
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Figures include diagrams, flow charts, line drawings, and photographs. Figures can highlight patterns or trends in data and display complex relationships. Like tables, figures should be able to stand independently, without requiring explanation from the text.

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