

Pregnancy & Delivery

Healthy moms & babies: natural childbirth versus C-section birth



A healthy baby and a healthy mother are the goal of every pregnancy, every delivery. **Studies show that natural childbirth is much more beneficial for mother and baby than C-section birth.** C-section (Caesarean section) is an operation requiring an incision made through the stomach muscles and womb in order to deliver the baby. A C-section is a major surgery that carries a number of risks for both mother and child. Because of this, C-sections are typically recommended only on an emergency basis.

When is a C-section Recommended?



C-sections may be planned ahead of time in response to known complications with a pregnancy, or they may be required due to serious health factors observed after labor is already underway.

C-sections are typically recommended when:

- labour isn't progressing as anticipated
- the baby is in distress and/or in an abnormal position
- the mother is pregnant with multiple babies
- a problem is observed with the placenta
- there is a prolapsed umbilical cord
- the mother has had a previous C-section

Due to serious long-term risk factors from C-sections, they are not recommended simply to avoid the labour process, the complications of vaginal birth, or to benefit from the convenience of a scheduled delivery. It's important to note that women who have had multiple C-sections also face an increased risk of placental problems and heavy bleeding, which may eventually lead to a hysterectomy (surgical removal of the uterus).



Advantages of natural childbirth

If the pregnancy progresses without any complications and mother and baby are healthy, natural childbirth has many advantages including:

- a shorter recovery time
- usually only minimal invasive procedures necessary
- earlier contact with the newborn
- exposure of the baby to good bacteria in the birth canal

It's best to talk with your doctor to plan your delivery and understand the risks associated with C-sections vs natural childbirth. This will help you to make the best decision for both you and your baby.