



# Natural Birthing





# WELCOME TO OUR NATURAL BIRTHING CENTER

## Our Philosophy of Care

“We believe every woman should have the opportunity to experience natural childbirth. We believe that women are strong and capable of giving birth without medical intervention. We are committed to providing our patients with the support and information they need to make informed decisions about their care.”



## WHY NATURAL BIRTH MATTERS?

### For Mothers:

- Faster recovery
- Reduced risk of complications
- Potential breastfeeding benefits

### For Babies:

- Exposure to beneficial bacteria
- Reduced risk of respiratory issues
- Improved alertness and bonding

## NATURAL CHILDBIRTH

Women who have natural childbirths often report having a more positive birth experience.

### Benefits of Natural Childbirth:

**Reduced risk of interventions:** Natural childbirth is associated with a reduced risk of interventions, such as cesareans and episiotomies.

**Shorter labor and delivery:** Women who have natural childbirths often experience shorter labors and deliveries compared to those who opt for epidurals.

**Increased bonding with baby:** Natural childbirth can help enhance bonding between mother and baby.

**More positive birth experience:** Many Women who deliver naturally, often report to have a more positive birth experience.



## NATURAL BIRTH SUPPORT SYSTEM

We offer a variety of services to help you achieve a natural childbirth, including:

### DOULA CARE

Low-risk women who receive labor support care are more likely to experience a low-intervention, spontaneous vaginal birth. They are also more likely to be satisfied with their care and less likely to have a first Cesarean section. Our experienced doulas provide personalized care throughout your pregnancy, labor, and delivery.

### WATER BIRTH

Water birth is a safe and gentle way to give birth in a warm, soothing environment.



### Why Water Birth?

**Reduced pain:** The buoyancy of the water can help alleviate pain during labor and delivery.

**Shorter labor:** The warm water can help relax the muscles and potentially shorten labor.

**Decreased need for interventions:** Water birth can reduce the need for interventions, such as episiotomies and cesareans.

**More positive birth experience:** Women who have water births often report a more positive birth experience.

Our birthing suites are designed to feel like a home away from home, featuring comfortable beds, birth tubs, and private bathrooms.



## ALTERNATIVE PAIN RELIEF OPTIONS

We offer a variety of alternative pain relief options, such as:

- **Aromatherapy**
- **Massage**
- **TENS (Transcutaneous Electrical Nerve Stimulation)**
- **Hydrotherapy**

## LACTATION SUPPORT

We provide lactation support to help you during the "golden hour of breastfeeding" and beyond.

## SELF CARE TIPS FOR PREGNANCY

**Pamper Yourself:** Take time for activities that relax and rejuvenate you.

**Connect With Your Baby:** Spend quiet moments bonding with your baby.

**Nourish Your Body:** Eat a balanced diet rich in essential nutrients.

**Move Your Body:** Engage in regular, gentle exercise to maintain fitness and reduce stress.

**Surround Yourself with Support:** Stay connected with supportive friends and family.

**Relax Your Mind:** Practice mindfulness and relaxation techniques to maintain mental well-being.



# How To Prepare For Natural Childbirth

**Talk to Your Doctor:** Discuss your preferences and any concerns you have about natural childbirth.



**Take Childbirth Education Classes:**

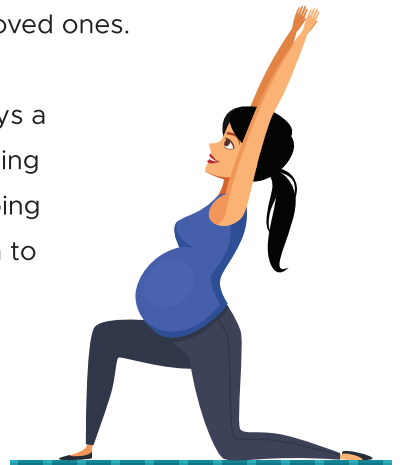
These classes equip you with knowledge about the birthing process, pain management techniques, relaxation methods, and newborn care.

**Develop a Birth Plan:** A birth plan outlines your preferences for labor, delivery, and postpartum care. While it's important to be flexible, having a plan can help you feel more informed and empowered.

**Body Balancing Work:** When the uterus, pelvis, muscles, and ligaments are properly balanced, the baby has more space and freedom to move into an optimal position for birth. This can lead to a shorter, smoother labor.

**Talk to Your Birth Partner/Doula:** Discuss your expectations and concerns about birth, and gather emotional support from loved ones.

**Healthy Diet for Normal Birth:** A healthy diet plays a crucial role in supporting a normal birth by providing essential nutrients for both you and your developing baby. Create a personalized pregnancy meal plan to meet your individual needs and preferences.



## Physical Preparation

Exercise regularly to improve strength & stamina.

Practice relaxation techniques such as deep breathing & meditation.

Learn about different labor positions & practice them regularly.

## Mental Preparation

Develop a positive mindset about birth.

Visualize a successful birthing experience.

Talk to other mothers about their birth experiences.

Practice coping mechanisms for dealing with pain & discomfort.

## PREPARATION FOR BIRTH

Prepare Your Mind

Prepare Your Body

Relaxation

## DURING LABOR AND DELIVERY

Stay at home during early labor.

Go to the hospital when labor is well-established.

Use relaxation techniques and coping mechanisms to manage pain during labor.

Prepare your body to deliver your baby vaginally with minimal medical intervention.

Remember! Your body was designed to do this, so be confident and relaxed.

## EMPOWERING BIRTH

You are in control.

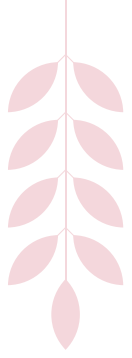
You are brave, confident, and capable.

You are not alone.

You are beautiful.

You got this!

Each breath and contraction brings you closer to meeting your baby.



# FAQ's: Natural Birth Support in Hospitals

## Before Delivery

### 1. What can I do in advance to prepare for a natural birth at your hospital?

We recommend attending childbirth education classes to learn about pain management techniques, breathing exercises, & different birthing positions.

Discuss your birth plan with your doctor or midwife and ensure it aligns with the hospital's policies.

We provide doula support at birth who can provide emotional and physical support during labour.



### 2. Birth preparation sessions and antenatal exercise are crucial for a natural birth for several reasons:

#### Physical Benefits:

- I. **Strength & Stamina:** Labor is a marathon, not a sprint. Your body needs endurance to handle the physical demands of contractions, pushing, and delivery. Antenatal exercises like walking, swimming, and specific pregnancy workouts can improve your cardiovascular health and muscular strength, making labour more manageable.
- II. **Flexibility:** A flexible body allows for easier positioning during birth, which can help with pain management and a smoother delivery. Birth preparation sessions often incorporate stretches and exercises to improve pelvic floor and overall flexibility.
- III. **Pain Management:** Stronger muscles can help you cope with pain naturally during labor. Techniques learned in birth preparation sessions, like breathing exercises and massage, can further enhance your pain management abilities.

#### Mental and Emotional Benefits:

- IV. **Reduced Anxiety:** Birth preparation sessions can equip you with knowledge about the birthing process, different birthing options,

and pain management techniques. This knowledge can significantly reduce anxiety and fear associated with the unknown, leading to a more positive and empowered birthing experience.

**V. Informed Decisions:** These sessions often discuss various interventions and their pros and cons. This allows you to make informed decisions about your birth plan, aligning with your goals for a natural birth.

**VI. Increased Confidence:** Building physical strength and learning coping mechanisms can significantly boost your confidence in your body's ability to birth naturally. This confidence can have a positive impact on how you approach labour.

### **3. Will I have a choice of who supports me during labour?**

Yes, we allow you to have a designated support person present throughout labour and delivery. This could be your partner, a family member, or a doula.

### **4. Does the hospital offer any natural pain management options?**

Yes we offer various options like birthing balls, showers, massage therapy, and nitrous oxide (laughing gas) to help manage pain during labour.

### **5. What are the policies on movement and positioning during labour?**

We encourage movement and different positions like squatting, kneeling, or walking during labour. This can help with pain management and progress labour naturally.

## **During Delivery**

### **1. What if I decide I want pain medication during a natural birth attempt?**

You can choose to use pain medication like an epidural at any point during labour. Your comfort and well-being are a priority at all times.

### **2. Can I still have a natural birth even if I need some interventions?**

It depends on the type of intervention. Some interventions, like using a birthing ball or having an IV with fluids are compatible with a natural birth approach. Discuss your preferences with your doctor or doula.

### **3. What happens if complications arise during a natural birth?**

The hospital is well-equipped to handle complications. Your doctor will

discuss any necessary interventions to ensure your and your baby's safety.

## After Delivery

### 1. Will I be able to have skin-to-skin contact with my baby right away after delivery, even if I had a natural birth?

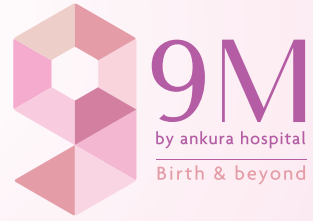
In most cases, yes. Skin-to-skin contact is encouraged for bonding and breastfeeding initiation, regardless of your delivery method.

### 2. Does the hospital offer any support for breastfeeding after a natural birth?

Yes, lactation consultants are typically available to assist with breastfeeding initiation and address any challenges you might encounter.







**Telangana | Andhra Pradesh | Maharashtra | Odisha**

 **9053 108 108**

**\*Please note, few selected services may not be available at some centers.**

**For more information, please contact your Gynecologist.**