Make informed decisions

8 facts to take into account

Myth Every type of birth is equal

Fact The type of birth impacts you and your baby

Myth You need an obstetrician gynae at every birth

Fact Only high-risk births need a gynae present at the birth

Myth Caesar births are less painful than vaginal births

Fact Vaginal births experience pain during the labour, caesar births are painful after the birth (major abdominal surgery pain)

Myth If you are pregnant with twins you have to have a caesar

Fact If the first twin is presenting head down in a good position, they can be born vaginally

Myth My birth plan is the only way!

Fact The unexpected and unplanned can happen – be prepared for both. Our ultimate goal is to have a healthy mom and healthy baby

Myth There is only one "right way" to give birth

Fact It is ok to have expectations, but there is not a one size fits all solution for giving birth. Your medical history and your body are unique and your needs might dictate one birthing method over another

Myth If I have a caesar, every birth thereafter will have to be a caesar

Fact VBAC (vaginal birth after a caesar) can be an option to investigate. Even a VBA2C

Myth Every intervention in birth is separate and isolated from another

Fact Every intervention potentially leads to the next intervention – that is why it is called a cascade of interventions

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