

Natural delivery

- Your body is prepared to give birth naturally.
- The GP, the obstetrician, the neonatologist, the midwife, are all obliged to inform the future parents about the childbirth options, with the recommendations and risks of each.
- The decision on childbirth can be made only by you, the future parents, after you've been informed by the health professionals on the recommendations and risks for each type of childbirth and the specific conditions under which your child is coming into the world.
- No health professional can condition, impose or coerce by intimidation or other means the choice of a certain childbirth means; it would be a violation of the pregnant woman's rights.
- If there aren't objective reasons to prevent you from giving birth naturally, your preparation can start immediately after finding out that you're pregnant.
- There are courses for the preparation of labour and delivery; even if you will not be able to give birth naturally, out of objective reasons, you can benefit from the exercises learnt both during pregnancy and later.
- There are exercises you can do by yourself, like the Kegel exercises meant to strengthen the perineal muscles, gymnastics and breathing exercises.
- You can learn techniques of self-massage, of relaxation, simple techniques of pain control that can allow the preparation of a successful labour.
- You can ask the health personnel to allow the presence of a trustworthy person, either the child's father or another person, next to you during birth; there are hospitals that have the necessary conditions to allow an attendant at birth.

The definition of natural (normal) childbirth

Natural childbirth is giving birth without any medical intervention or with minimum intervention; the mother can practise relaxation and breathing exercises for pain control and facilitating labour; natural childbirth is considered the safest and without risks for the baby.

The advantages of natural childbirth

- It's physiological.
- It requires only the presence of a midwife at the most.
- It doesn't add supplementary expenses for the family, hospital, society.
- It allows a rapid recovery of the mother after birth.
- It offers the baby the most natural conditions of physical and psychological development, initially and all through life, consolidating his health.
- It allows the mother – child contact and nursing immediately after birth, facilitating attachment.
- It's based on evidence: scientific research and the test of time show that this is the optimal way to bring a child into the world!

Don't forget: you decide how to give birth!



THE NATURAL CHILDBIRTH

**Beneficent for both
Mother and Child**



International Revised Edition

It's the question you asked yourself immediately after finding out you're pregnant.

The mother's fear of suffering, of the pain during labour, associated with the wish of the medical personnel to control the birth and protect themselves against possible accusations of malpractice inevitably lead to imposing a certain medical procedure for childbirth.

Consequently, mothers accept rather easily to have the labour onset forced upon them before the baby signals that he is ready to leave the uterus, they accept the epidural anaesthesia and C-section, because they ignore the details necessary to make an informed decision.

Here are some arguments to consider before making a decision on the means of giving birth or the use of medicine during labour. The decision will affect the child's health and emotional behaviour both on short and long term.

Pain in labour is generally given by the rhythmic, intense contractions of the uterine muscle and the traction of the ligaments that trigger the cervical effacement and dilatation to allow the descent of the baby. If the mother is scared or anxious, stress hormones are produced by the body and the pain is perceived more acutely. If the mother is relaxed and trusts her natural capacity to give birth, her body will produce substances that modify the perception of pain, called endorphins and oxytocin (the hormone of love). These give the mother a state of euphoria and the strength to overcome the obstacles, and uterine contractions become more efficient.

Natural Birth or Caesarean Section?

Natural childbirth is a profoundly physiological process, which happens naturally under the influence of natural hormones, as has always happened for thousands of years now, since the human species has existed. For these substances to be produced in the mother's body, she needs intimacy, comfort and support, to be protected from external stressful stimuli all through labour.

Labour helps the mother's body adapt perfectly to permit the child to come into the world. The hormones secreted during this period (oxytocin) profoundly influence the mother and the baby on many levels. On the one hand, it helps the baby make his way through the birth canal to the outside world and the mother to open the gate for him. On the other hand, it strengthens the attachment, the affective connection between mother and child. The same hormones facilitate breast-feeding, increase the loving capacity of the baby and, later, his capacity to develop stable relationships, to trust and respect himself.

The medicalisation of childbirth, by the artificial onset of labour, the perfusion with substances that accelerate contractions, epidural anaesthesia to soothe the pain, bring stress both for the mother and the child. There is a significant blockage of natural hormone secretion, i.e. endorphins and oxytocin, with long term and short-term consequences for the mother and child.

Breast-feeding is affected, attachment is delayed and takes place with more difficulty; the baby's functions are no longer supported by the mother

– child unity; his immune system, his hormonal, digestive, respiratory, nervous systems, his psychology, all become more vulnerable.

The C-section. It's important to stress that in some situations, the C-section is the only solution of childbirth to save the mother's and the baby's lives.

The problem is whether all C-sections are truly necessary or they are resorted to only because they are safer and easier for the doctor and the mother, affecting mostly the baby.

The child born by C-section does not benefit from the advantages of natural childbirth.

His body functions are affected from the beginning (respiration, digestion, capacity to be breast-fed, attachment), and his nervous system gets impregnated with anaesthetics to which he remains sensitive for a long time. Breast-feeding a child born by C-section is more difficult, which triggers some other hazards and risks for his health (immunity) or for the development of his character and capacity to love.

Even if it is difficult to correlate the type of childbirth to the child's emotional profile in adult life, the influence exists...

