

HOW TO HAVE A NATURAL BIRTH

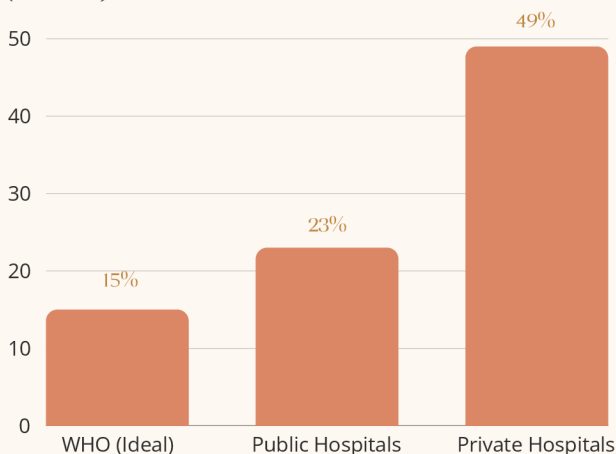
Tips to avoid unnecessary medical interventions and have a natural birth experience in India

The problem

- Lack of psychologically safe, culturally-appropriate care
- High rates of C-sections
- Fear and convenience-based practices
- Normalised obstetric violence
- Lack of informed decision-making
- Outdated practices
- Over-reliance on technology

C-Section Rates in Private & Public Hospitals in India vs. WHO recommended rate

National Family Health Survey - 5
(2019-2021)



What can you do?



Attend childbirth preparation classes

Equip yourself with knowledge and confidence through comprehensive childbirth education.



Know your rights and ask questions

Understand and assert your rights to make informed decisions about your birth plan and care.



Create a Birth Plan

Develop a detailed birth plan that outlines your preferences and discuss it with your doctor.



Seek personalized care

Find a provider that offers individualized care, ensuring your unique needs and preferences are respected.



Hire a doula

Benefit from continuous physical and emotional support during labour from a trained professional.



Choose a Natural Birth Centre offering Midwifery Care:

Opt for a facility that specializes in natural births and midwifery-led care.

Call us for
more info



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