

Birthing Options: Where & How



Types of Delivery

C-section (Cesarean birth)

- A c-section is a surgical procedure delivering the baby through mom's abdomen.
- It is recommended when a vaginal delivery is not possible or may cause harm to mom or baby.
- C-section recovery takes longer than a vaginal delivery.
- The rate of c-sections in the US is higher than in many other countries.

✔ What to remember:

1. Babies can be born at the hospital, a birthing center, or home.
2. Home births or birthing centers are often staffed by midwives caring for low-risk patients.
3. Hospital deliveries are staffed by midwives and obstetricians. Medical or surgical interventions are available immediately.

Vaginal delivery

- The most common type of childbirth. Generally considered safest for mom and baby.
- The baby is born through your vagina or birth canal.
- Faster recovery & lower rates of infection.
- Can happen when labor starts on your own or labor can be induced with medical interventions.
- Inducing labor is something you and your provider can decide together.

✔ What to Remember:

Not all insurance covers birthing centers and home births. You should check with your provider to see what they will cover.

Vaginal birth after cesarean (VBAC)

- A vaginal delivery occurring in a woman who has previously had a cesarean birth is called a VBAC.
- A VBAC can be an option for you if you meet certain criteria. Talk with your provider about your options.