

## Types of childbirth

Your due date is approaching and soon you'll be able to wrap your arms around your little bundle of joy!

In most cases, the **birth** will be a natural **vaginal delivery**. After the first stage of labor, your cervix will have fully dilated (10 cm)<sup>1</sup> to allow the baby to come out. In general, a few weeks before the birth, the baby naturally moves into the most advantageous position for delivery, with the head turned downward (cephalic, or head-first, presentation)<sup>2</sup>. However, some babies are positioned for birth with their feet or buttocks first (breech presentation), with the chin non-tucked, in a posterior position or a transverse lie position<sup>2</sup>.

In certain cases, for example if signs of distress in the baby or extreme fatigue in the mother are observed, the medical staff may use techniques to accelerate the birth. This is referred to as an **assisted delivery**, performed with the help of instruments (forceps or vacuum devices) under general, local or epidural anesthesia. The use of these instruments can cause redness or mild bruising, but is painless for the baby. [Passer à la ligne]

In most cases, the birth goes smoothly, via a vaginal delivery. However, if there is a high risk for the baby or the mother, a **caesarian** will be performed. A caesarian, or C-section, is a surgical procedure that consists in an incision to the abdomen and uterus to extract the baby<sup>3</sup>. If risks or complications relating to the delivery are detected in advance, a C-section can be scheduled. The procedure is generally performed under **epidural anesthesia** so you can fully enjoy the amazing experience of giving birth to your child. Barring certain specific cases, your partner can stay with and assist you.

---

<sup>1</sup> <http://campus.cerimes.fr/gynecologie-et-obstetrique/enseignement/item22/site/html/cours.pdf>

<sup>2</sup> <https://www.ameli.fr/assure/sante/themes/accouchement-nouveau-ne/accouchement>

<sup>3</sup> [https://www.has-sante.fr/portail/upload/docs/application/pdf/2013-07/brochure\\_patient\\_cesarienne\\_mel\\_2013-07-02\\_11-25-35\\_632.pdf](https://www.has-sante.fr/portail/upload/docs/application/pdf/2013-07/brochure_patient_cesarienne_mel_2013-07-02_11-25-35_632.pdf)