



Advantages of natural birth

The birth of a child is an adventure as well as a challenge. For the expectant parents who enter a new phase of life, for the midwives and doctors who take care of the pregnant woman in the surgeries and hospitals or in the birth house and finally for the whole society.

Pregnancy and birth are natural processes of life. During the last years this fact was forgotten because of the one-sided emphasis on the risks which led to an increase of operations, so that almost every third woman in Germany has a Caesarean section. That means that the rate of deliveries by Caesarean sections has doubled within 20 years. In Wuppertal the rate of Caesarean sections is at almost 28 per cent (2017) and a bit under the average rate in Germany.

Caesarean sections include a risk of diseases for the mother as well as the newborn child. This risk should only be taken if the benefit of this way of birth is regarded being higher.

The Wuppertal Alliance Natural Birth demands rethinking. The network of professionals argues for regarding pregnancy and birth as natural processes of life and supporting women in their ability to give birth. To succeed the alliance wants to phrase shared recommendations: In summary they are about better information for the pregnant women and a different care of pregnant women and women in labour.

It is also desirable to have a good cooperation between midwives and gynaecologists as well as networking of the surgeries and clinics and in external care.

A good cooperation with the advice centres and other professional groups is aimed for.

But the obstetric framework must be improved, too. Especially important are the questions of financing (midwives' payment, DRG-assessment, care ratio during delivery), changing the assessment of risks in the expectant mother's record as well as checking the current realization of health and safety regulations for pregnant women.

In order to support women in their ability to give birth the Wuppertal Alliance recommends starting joint steps of action for all people involved in obstetrics.



What are the advantages of a natural birth?

- You take an active part in the birth of your child.
- You can keep eye contact with the people who accompany you.
- The child decides the right moment for birth, too.
- Even a premature child can take advantage of a natural birth in most cases.
- Having managed the delivery makes you strong and proud.
- You have fewer problems with your health in comparison to a Caesarean section.
- You have slighter risks in following pregnancies (e.g. for heavy bleeding).
- Directly after birth you can take your child and cuddle (bonding).
- It is easier to breastfeed your child and the milk comes earlier.
- After the delivery you have less pain than after a Caesarean section.
- You recover more quickly after birth and can go home earlier.
- Directly after birth your child needs breathing help more seldom than after a Caesarean section and is taken to a children's hospital more seldom.
- Your child's immune system is strengthened by a natural delivery.
- Therewith your child gets a natural protection from illnesses.
- The risk of getting overweight, asthma, allergies and diabetes is diminished.