



Tips to Increase Your Chance of Normal Delivery?

Trying to prepare for a normal delivery? You're already on the right track! Most of us are aware of the advantages of normal delivery. Aside from avoiding major surgery, vaginal birth provides a shorter recovery period and aids in providing helpful bacteria to your baby as it travels through the birthing canal. Preparing for labor and delivery is similar to preparing for a marathon. You must prepare physically and mentally in order to have a happy delivery experience and a quicker recovery. However, you can consult a gynecologist at [Kokilaben Hospital Mumbai](#) for healthy childbirth.



What is a Normal Delivery?

Normal delivery, often known as vaginal delivery, is giving birth to a baby through the vagina. It is the most frequent and safe type of delivery, with lower morbidity and mortality rates than Cesarean sections (C-sections).



Why do most women prefer Normal delivery over c-section?

Usually, normal delivery is regarded as a safer childbirth option than a c-section. Both the mother and the baby benefit from normal or vaginal birth in the following ways:

- Surgery is avoided, which leads to a speedier recovery.
- The length of stay at the hospital is really short.
- The breastfeeding process is enhanced.
- The infant's immune function improves because the newborn is exposed to typical vaginal and gut microorganisms during normal birth.
- Infant respiratory problems, such as infant respiratory distress syndrome, transitory tachypnea of the newborn, and respiratory-related NICU hospitalizations, are less likely in normal delivery.



What precautions must be taken to guarantee regular delivery?

Sometimes a Cesarean birth is necessary due to medical considerations. In other cases, the essential steps in ensuring a normal delivery are as follows:

- **Join a parental course** - Attending parental courses and reading about pregnancy and labor on a regular basis to be aware of and prepared for the various difficulties that may arise during delivery and learn about the various delivery techniques to be fully informed about the options.
- **Stick to a healthy diet** - Maintaining a balanced diet helps in the unborn baby's healthy growth and development, and it is crucial for the mother so that she can face the challenge of labor with ease. Foods such as coconut, fresh fruits, fresh seafood, and lean meat are ideal, whereas alcohol, smoking, and narcotics should be avoided at all costs.



- **Regular exercise** - Pregnant women should exercise on a daily basis because it keeps them active and helps them gain stamina. Swimming and walking are the most often recommended workouts for pregnant women. Pelvic floor exercises assist in a smooth and regular delivery. The major goal of exercise for pregnant women is to guarantee that they can deal with stress well during birth.
- **Avoid stress** - Stress should be avoided at all costs, and the expectant woman should maintain a cheerful and pleasant attitude at all times.
- **Get adequate sleep** - Priority should be given to sleep. To combat fatigue and maintain the immune system working and robust, a pregnant woman should sleep for an average of 8 to 10 hours every day. Adequate sleep is also necessary for the baby's safe and healthy development.



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