

## The benefits of VAGINAL BIRTH

Faster recovery and shorter hospital stay after birth



Development of bonding feelings between the mother and her baby during labor



Avoiding complications of Caesarean delivery, such as uterine rupture, placenta accreta, infertility, and hysterectomy



Less costly than a cesarean section



Lower risk of surgical complications



Greater chances of natural birth in the next pregnancy



## Benefits of vaginal delivery FOR THE NEWBORN

Early breastfeeding



Decreases the need for admission to the neonatal intensive care unit (NICU)



The baby receives beneficial bacteria that help strengthen their immune system



Reduces the risk of respiratory problems for the baby



## C-sections in Jordan exceed the global average and World Health Organization standards

**43%**

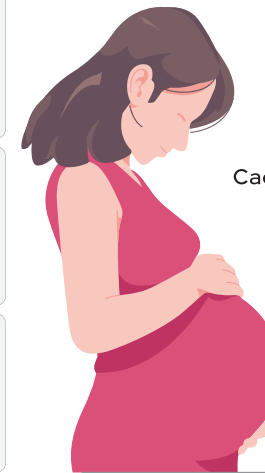
of births in Jordan are C-sections, or more than 2 out of 5 babies born through C-sections

Caesarean birth rates in Jordan exceed the global average in 2018, which was :

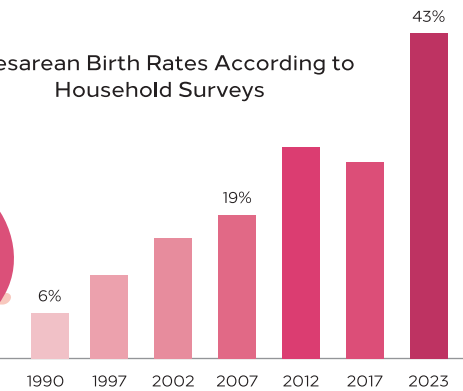
**21%**

Caesarean birth rates have exceeded the rate recommended by the World Health Organization, which is

**10-15%**

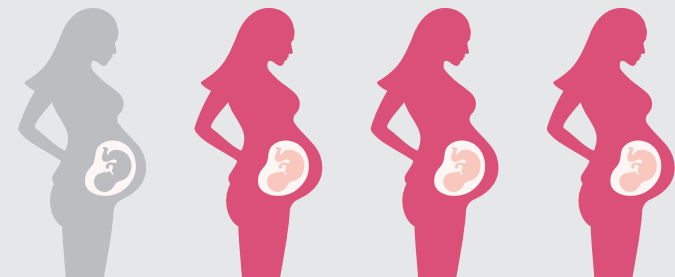


Caesarean Birth Rates According to Household Surveys



## Many cesarean births are unnecessary

Three out of four births babies born via Caesarean section had their birth planned before the onset of labor



**28.9%**  
of cesarean deliveries were due to previous cesarean sections



**Did you know**

Research and experience have proven that many women who previously delivered via cesarean section can still have vaginal births, and in some cases, it may be safer for them.

The method of delivery is a personal decision with no right or wrong answer. Your supervising doctor will support you and help make your birth experience as positive as possible, regardless of the delivery method you choose

### What are my options for delivery after a previous cesarean section ?



#### Another Caesarea Section

You may decide to deliver your baby via another caesarean section. For some, a planned caesarean may be the safest choice, but it's essential to consult with your doctor



#### Vaginal Birth After a Previous Cesarean Section

Vaginal birth. is an option for most women who have had a previous caesarean, but it's crucial to seek medical advice to determine the safest option

Medically unnecessary cesarean sections are associated with a higher risk of maternal mortality during the perinatal period compared to vaginal deliveries



**Three out of four women** who died during childbirth had cesarean deliveries

### Reasons why mothers request cesarean delivery without medical justification



Anxiety about the vaginal delivery



Concerns about future sexual life



The desire for humane birth experience



Preserving physical fitness



Choosing a specific date for delivery



Relying on others' experiences



Qualitative Study Findings

**These reasons reflect the significant need for women to be educated about the risks of unnecessary cesarean sections.**

These risks may include complications such as uterine rupture, placenta accreta, ectopic pregnancy, infertility, hysterectomy, and intra-abdominal adhesions in future pregnancies.