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Merits of **Normal Delivery** over **Caesarean Section**

- Post delivery discomfort usually less and shorter lasting.
- Free from the risks of surgery and anesthesia.
- Its physiological.
- Faster Recovery.
- Shorter Hospital Stay.
- Good for the mother and baby.
- Lower chance of respiratory issues in the baby.
- Better for future pregnancy.
- Better Microbiome for the Baby.
- Better for initiation of breastfeeding.



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Merits of Normal Delivery over Caesarean Section

Normal (vaginal) delivery is a natural process and offers several advantages when medically feasible.

Benefits include:

- ❖ Less post-delivery discomfort and shorter recovery period
- ❖ Avoids risks associated with surgery and anesthesia
- ❖ Faster recovery and early mobilization
- ❖ Shorter hospital stay
- ❖ Lower risk of respiratory problems in the newborn
- ❖ Promotes better initiation of breastfeeding
- ❖ Establishes a healthier gut microbiome in the baby
- ❖ Safer for future pregnancies.
- ❖ Overall benefits for both mother and baby.