
Just wanted to say thumbs up for natural birth

Posted by emma - 2007/09/04 23:43

I've had two children, both times with no pain medication. I just want to say that preparing with a natural birthing workshop and being determined helped me through it.

Once I was in the moment, knowing there would be pain but wanting to get on with it, I just didn't think about pain medication.

For those of you out there who wonder, having a baby naturally is great for you and your baby if you can do it naturally. Inducing often leads to a ceasar, and most pain medications or medical interventions result in longer recovery for you and the baby. It's not always possible, but it's definitely worth preparing and trying to overcome your fear of pain to get the recovery and bonding benefits.

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