

HOW TO HAVE A GENTLE C SECTION

1

FAMILIARIZE YOURSELF WITH THE HOSPITAL EQUIPMENT

Understanding the cesarean process can ease fears and anxieties. Be sure to also ask hospital staff who can accompany you

2

SET THE STAGE FOR INTIMACY

Personal touches such as bringing music, using calming scents and maintaining eye contact with your partner can make the cesarean experience more personal

3

LOWER THE SCREEN

Lowering the screen can help you and your partner to feel as if you are more involved in the birthing experience and help you to see your baby being born

4

SKIN-TO-SKIN CONTACT

Immediate skin-to-skin contact and talking to the baby are beneficial for bonding and connection. Immediate breastfeeding is also encouraged during a Gentle C-Section. If the birthing parent's arms are unavailable, the partner can provide skin-to-skin contact