



Humber and North Yorkshire
Health and Care Partnership

How will my baby be born?

Information for patients



Easy Read

easy read



This booklet uses easy words and pictures.

You may need someone to help you understand it.

pregnant



When you are pregnant you need to think about how your baby will be born.

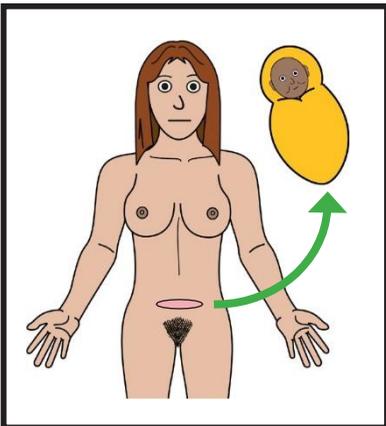
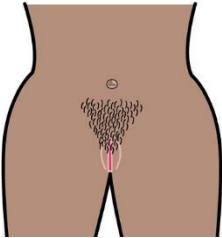


There are different ways babies can be born.

birth



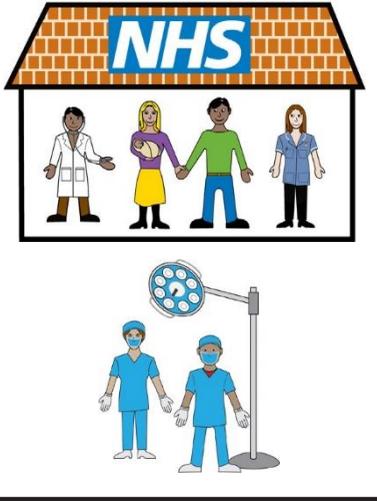
vagina



Vaginally - this is when the babies comes out of your vagina.

Or by Caesarean - this is when the baby comes out of a cut low down in your tummy.

hospital



A Caesarean is an operation that is always done in hospital.

birth partner



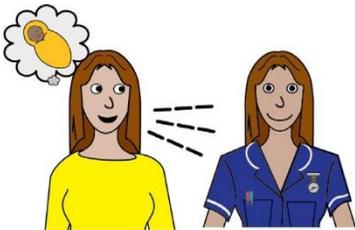
You can have someone with you to support you when you are birthing your baby.

Sometimes they are called a birth partner.

midwife



talk to



risk



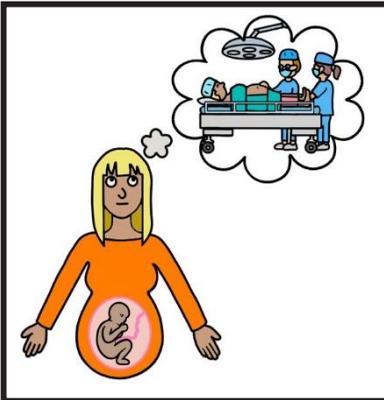
You will also have a midwife with you.

Before your baby is born you will be able to talk to your midwife about the different options for you to birth your baby.

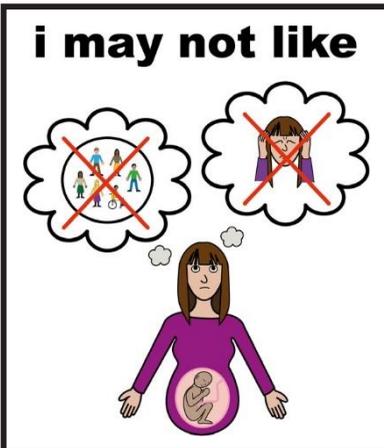
You will talk about the risks and benefits of the different options.



Some people worry that a vaginal birth is painful.

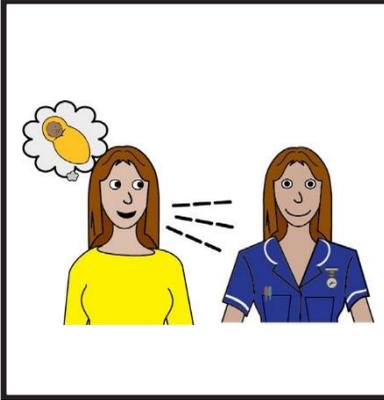


Some people worry about a Caesarean being an operation.



i may not like

You can talk through your worries with your midwife.



There may also be medical reasons why one way to birth your baby is chosen over another.

You midwife or doctor will discuss this with you.



birth plan

You can write your thoughts down in your personalised care plan.

Your midwife can help you with this.



friendly staff

Please ask any staff if you need any help or support.

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