

Name: Sydney Allen

Birth Option: water birth

Pro	Con
<ul style="list-style-type: none">- In first stage can offer pain relief without medications- mom can easily move, improves circulation and moves baby & birth canal- warm water helps vaginal muscles relax and calm anxious mothers- babies have "smooth" transition into world → less stressed newborn	<ul style="list-style-type: none">- risk for prolonged labor if woman gets in < 5 cm- hard to move fast in emergency (c-section)- harder to spot bleeding if still in water after birth- twisted umbilical cord → baby may inhale water- umbilical cord can snap if baby is pulled out of water too fast

From your research, would you recommend this birthing style? Why?

Based on my research I would recommend this birthing style. However, I would only recommend it if the pregnancy has no complications or risk factors. It is easier to respond to emergencies in other settings like a hospital. I do like that there is nonpharmacologic pain measure and that the water can aide with comfort for both mom and baby.