

Learn About Childbirth

Childbirth is the process by which a baby is born. This includes labor and delivery of the baby and the placenta.

A full-term pregnancy typically lasts approximately 40 weeks, with labor commencing between 37 and 42 weeks.

Preterm labor happens before 37 weeks and can lead to health risks for the baby.

Most babies are born through vaginal delivery, which is the natural way. Sometimes a C-section (surgery through the abdomen) is needed for the safety of the mother or baby.

The type of delivery depends on health, complications, and your doctor's advice.

- If you are pregnant or think you may be, see a healthcare provider for care for you and your baby.

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