



Centre for
Women's
Health and Wellness

The Centre for Women's Health & Wellness at SRM Global Hospitals is your trusted partner in every step of your journey through pregnancy, childbirth, and motherhood. Our dedicated team of specialists, state-of-the-art facilities, and holistic approach ensure that you receive comprehensive care tailored to your unique needs. We are committed to empowering women with knowledge, care, and confidence as they embrace this transformative journey. Explore our services and join a community that prioritizes your health and well-being.



Reach us



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**PREPARING FOR
NORMAL DELIVERY**



EMPOWERING
WOMEN'S Health,
Lives

WHAT IS IT?

Normal delivery is a natural and empowering process that marks the culmination of pregnancy, bringing your baby into the world. It involves the body's remarkable ability to adapt and work in harmony to ensure a safe and positive experience for both mother and child. Proper preparation physically, mentally, and emotionally is key to embracing this transformative event.

WHAT HAPPENS?

- **Early Labor** : Mild, irregular contractions signal the onset of labor. The cervix gradually dilates and effaces (thins) to prepare for delivery. This phase can last several hours or even days.
- **Active Labor** : Contractions become more intense and frequent as the cervix dilates to 10 centimeters. This stage ends with the mother being fully prepared for the pushing phase.
- **Delivery Phase** : The baby is delivered through the birth canal with the coordinated effort of contractions and maternal pushing.

- **Post-Delivery** : The placenta is expelled, and the mother enters the postpartum recovery phase

HOW TO DEAL WITH IT & EXPERT GUIDANCE

- **Physical Readiness** : Regular pelvic floor exercises and prenatal yoga improve flexibility and strength, facilitating a smoother labor.
- **Breathing Techniques** : Practice deep and rhythmic breathing to manage pain and conserve energy during contractions.
- **Birth Plan** : Discuss your preferences with our obstetric team, including pain relief options, birthing positions, and support preferences.

- **Education** : Enroll in antenatal classes to gain insights into the delivery process, including what to expect, how to push effectively, and postnatal care essentials.

- **Professional Support** : Rely on our experienced obstetricians, midwives, and doulas for personalized care and guidance throughout labor and delivery.

Our goal is to empower you with the knowledge and support needed for a safe, fulfilling birthing experience. From physical preparation to compassionate care during labor, SRM Global Hospitals is with you every step of the way.



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