

# BIRTHING OPTIONS

WHEN IT COMES TO DELIVERING YOUR BUNDLE OF JOY, WHAT IS YOUR CHOICE OF BIRTHING METHOD – NATURAL, EPIDURAL, WATER BIRTH OR HYPNOBIRTH?

**BEST  
LETTER**

## All Natural

*Yes, I've heard the horror stories - pain so bad that mums were hardly able to push anymore and some who just felt like giving up. But there were also those who said they didn't feel a thing, thanks to the pain-free delivery that epidural offers. Now that I'm due in three months and am currently not working, I have had plenty of time to think about how I'm going to decorate the baby's room and of course, my delivery. The truth is the size of the needle needed for the epidural and the pain that comes along with the injection, scares me more than the pain of a natural birth. So, if I am able to withstand the pain, I am going to deliver my precious baby boy the natural way - pain and all.*

- Bridget Baxter

## A MOTHER'S GAIN

As a mother of four and after experiencing two different ways of delivery, natural and caesarean, should I have to go through it again, I would definitely choose the natural way. By natural, I really mean all natural – no epidural, no gas, no water birth and no hypnobirth. As women, or rather as mothers, labour pains only happen when you are giving birth and I feel it signifies a new change in your life. To be able to overcome that pain and welcome your little one into the world with open arms proves that we women are strong. Strangely, after each of my births, I found myself missing those tiring moments...labour pains! When it comes to labour and all it brings, a simple phrase comes to mind – No pain, no gain.

- Rina Mohd

## WHERE DID THE DRUGS GO?

After watching hours of TV shows dedicated to women and pregnancy, I was convinced that epidural was the route I was going to take when my time came. Nothing about the women's red and scrunched up faces appealed to me about going into labour without an epidural. So when I discovered I was expecting, I told my doctor right from the beginning that my birth plan was to make it as pain-free as possible. Nevermind that the needle is disturbingly long – I was to have a pain-free delivery. But it was not meant to be. My little one came earlier than expected and by the time I reached the hospital, it was time for me to push!

- Lisa Chen

## Coming up next...

**November 2011**

### TRAVELLING WITH BABY

With the holidays just around the corner, tell us what your dream destination with Baby is. (Send in by 30 sep)

**December 2011**

### THE SPIRIT OF CHRISTMAS

In this season of joy, share with us your favourite childhood christmas memory. (Send in by 31 oct)

Send us your views today!

The best forum letter every month wins a Kodomo Baby Love gift bag!

Send your letters to: [motherhoodforum@epl.com.sg](mailto:motherhoodforum@epl.com.sg)

