



YOUR VBAC JOURNEY:

6 ESSENTIAL STEPS TO A POSITIVE VBAC EXPERIENCE

Your body is wise. Your choices matter.
Your birth can be a story of strength
and renewal.



Naturelle VBAC

Purpose of This Book

The purpose of this book is to inform, encourage, and empower mothers who are considering or planning a Vaginal Birth After Cesarean (VBAC).

VBAC can be a safe and fulfilling option for many women, but it often requires confidence, preparation, and the right support. This guide was created to help you understand the essentials — the six most important things you can do — to increase your chances of having a positive VBAC experience.

It's not meant to replace personalised medical advice or your birth team's guidance, but to serve as a starting point for inspiration, reflection, and self-trust as you navigate your birth choices.

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Welcome & Introduction

Congratulations!

If you're reading this, you're already empowered — you're exploring your options and learning more about VBAC (Vaginal Birth After Cesarean). VBAC can be a safe and beautiful choice for many mothers.

This short guide introduces six important things you can do to improve your chances of having a successful VBAC. Remember: education, support, and confidence are your allies.

Disclaimer: *This guide is for informational purposes and not a substitute for medical advice. Always talk with your healthcare provider about your personal situation*

Step 1 – Find the Right Support Team

A VBAC journey starts with the right provider. Look for a doctor or midwife who is truly VBAC-supportive—not just “VBAC-tolerant.” Ask how many VBACs they attend each year and what their success rates are.

Also, consider hiring a doula. A doula provides continuous emotional and physical support, helping you feel informed and calm during labour.

Tip: *Read reviews, ask local birth groups, and trust your instincts about who respects your birth decisions.*

Step 2 – Understand Your Body and Birth History

Learn why your previous cesarean happened: Was it due to medical necessity or labour circumstances that might not repeat?

Understanding your scar type and recovery can give clarity and confidence.

Step 3 – Prepare Your Body & Mind

VBAC is as much mental as it is physical.

- Practice mindfulness, affirmations, and visualisations.
- Stay active with pregnancy-safe exercises like walking, yoga, or gentle stretching.
- Learn relaxation techniques that calm your body and mind during contractions.

Step 4 – Learn About Labour Options

Familiarise yourself with:

- Positions that help your baby move down the birth canal.
- Natural comfort methods (water, movement, breathing).
- Hospital or birth centre policies about VBAC.

Knowledge reduces fear and builds confidence.

Build a Birth Plan (and a Backup Plan)

Write down your preferences for labour, pain relief, and who will be with you. Discuss your plan with your provider early and revisit it often.

Also, have a backup plan — knowing you're prepared for all possibilities makes you feel calmer, not anxious.

Step 6 – Trust Your Body and Choose Positivity

Believe in your body's wisdom. Many women have safe, healthy VBACs every year. Surround yourself with positive stories, supportive people, and encouraging environments.

Final Thoughts

Your VBAC journey is your story — no matter the outcome, you're an amazing and powerful mother. Every step toward an informed birth is an act of love and courage.

You've got this. 