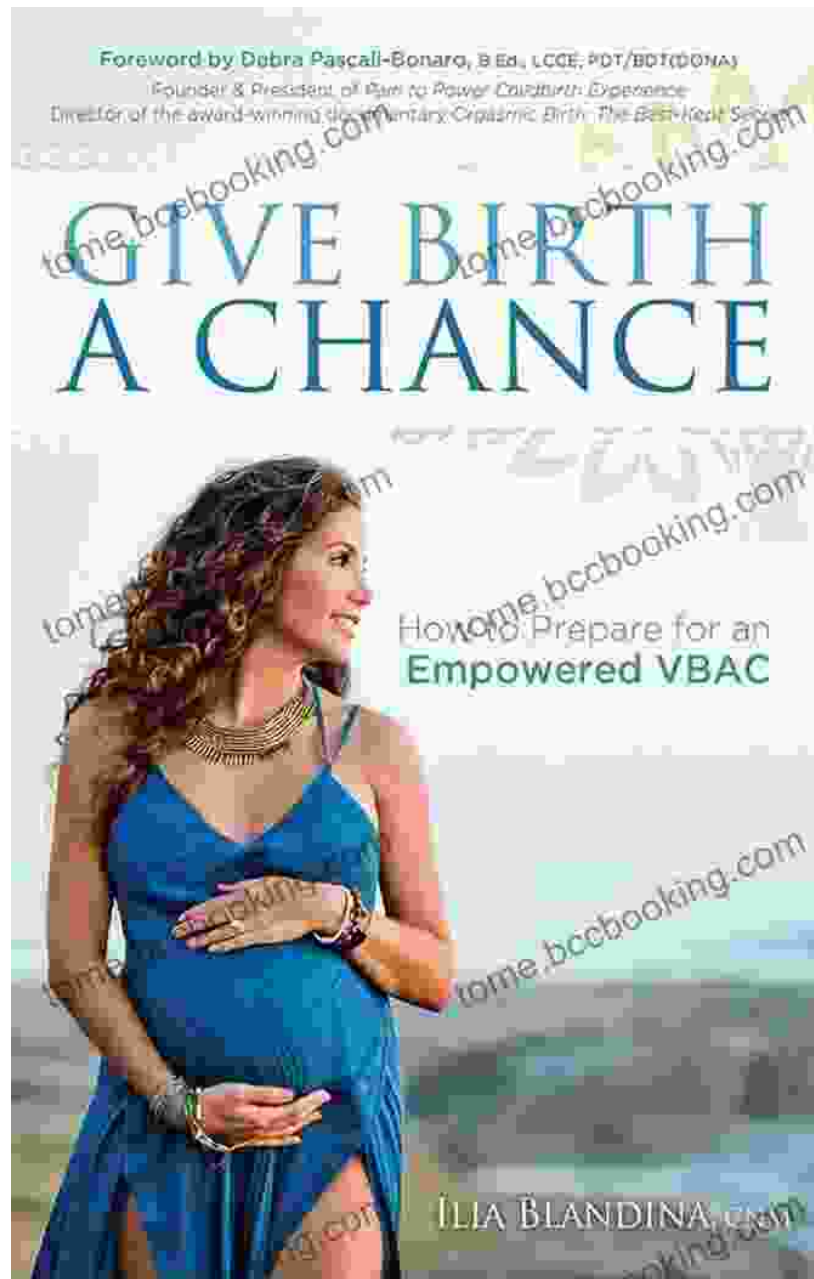


# How to Prepare for an Empowered VBAC: The Ultimate Guide to a Successful Vaginal Birth After Cesarean



## Chapter 1: Understanding VBAC

In this chapter, you will learn about the following:

- What is VBAC?
- The benefits of VBAC
- The risks of VBAC
- Who is a good candidate for VBAC?
- How to find a VBAC-supportive care provider

## Chapter 2: Preparing for Your VBAC

In this chapter, you will learn about the following:



### Give Birth a Chance: How to Prepare for an Empowered VBAC by Ilia Blandina

★★★★☆ 4.3 out of 5

Language : English  
File size : 6231 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 224 pages  
Lending : Enabled



- Creating a birth plan
- Hiring a doula
- Taking childbirth classes
- Exercising and eating healthy

- Getting enough sleep

### **Chapter 3: Labor and Delivery**

In this chapter, you will learn about the following:

- The stages of labor
- Pain management options
- When to go to the hospital
- What to expect during labor and delivery
- Pushing techniques

### **Chapter 4: Recovery from VBAC**

In this chapter, you will learn about the following:

- What to expect after delivery
- Caring for your incision
- Breastfeeding after VBAC
- Getting back to your normal routine
- Common challenges and how to overcome them

### **Chapter 5: Resources for VBAC**

In this chapter, you will find a list of resources for VBAC, including:

- Organizations
- Websites

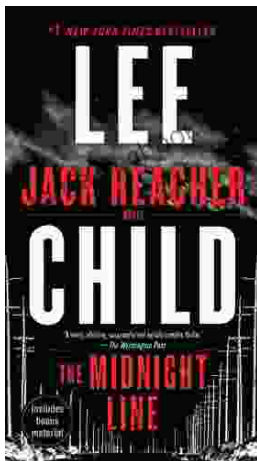


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