

# The Road Forward - Recovering After a Caesarean Birth

Brought To You By the Australasian Birth Trauma Association

## Recovering After a Caesarean Birth

Whether it was planned or an emergency, a caesarean section (or c-section) is a major physical and emotional event requiring plenty of tender, loving, care afterwards. Around 1 in 3 babies in Australia are born by caesarean. Women often go into birth not knowing much about what a caesarean involves, or what recovery from a caesarean might feel like. This video 'The Road Forward- Recovering After a Caesarean Birth' provides information on what to expect after a caesarean, and advice for a healthy recovery, both physically and psychologically.

We have identified the need for more birthing parents to have improved access to information on this type of birth and created this new THINKNATAL™ resource. Resources include: Explanatory video in easy english, a poster and a discussion guide on recovering after a caesarean birth.

For more information on THINKNATAL™ resources or to find out more about the information, services and support provided by The Australasian Birth Trauma Association please visit our website.



## Accessing Resources

To find our ThinkNatal™ resources visit our website.

[birthtrauma.org.au/thinknatal](http://birthtrauma.org.au/thinknatal)