Normal birth (also known as natural birth) is a form of vaginal birth without the support of birth aids. The mother goes into labor because the cervix dilates, opens and shortens slowly. Uterine contractions appear with increasingly faster, regular and strong frequency. This helps the baby's head move gradually toward the vaginal opening. After the mother's pushing, the baby was officially born.

**For mothers:**

* Recover health after giving birth early
* Short hospital stay
* SNormal birth helps the uterus contract better. This reduces postpartum blood loss and limits the risk of lochia
* Less blood loss: usually 50 - 200ml
* Risk of infection is low
* Mothers have early contact with children, helping to bond more between mother and child
* Breastfeeding your baby early helps increase milk production sooner
* The future of obstetrics and surgery is better