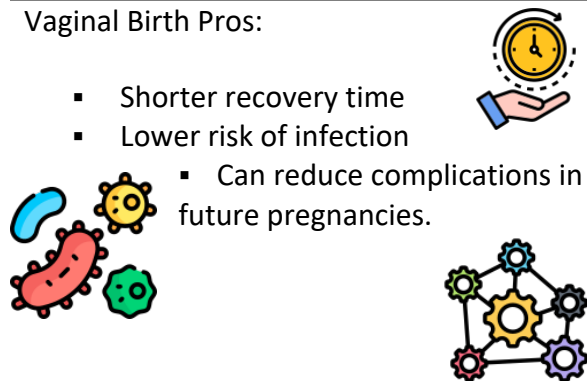


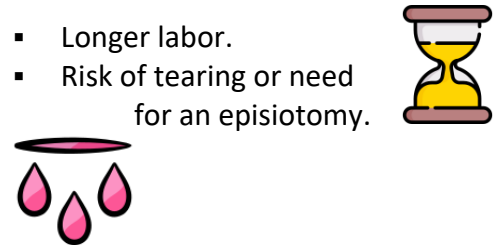
## Vaginal Birth vs. C-Section

Here's a quick breakdown of the pros and cons of vaginal births and C-sections:

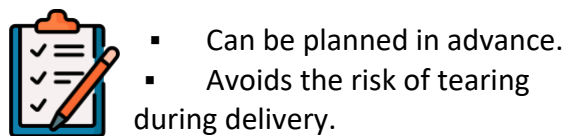
### Vaginal Birth Pros:



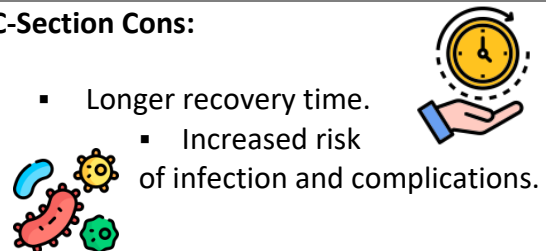
### Vaginal Birth Cons:



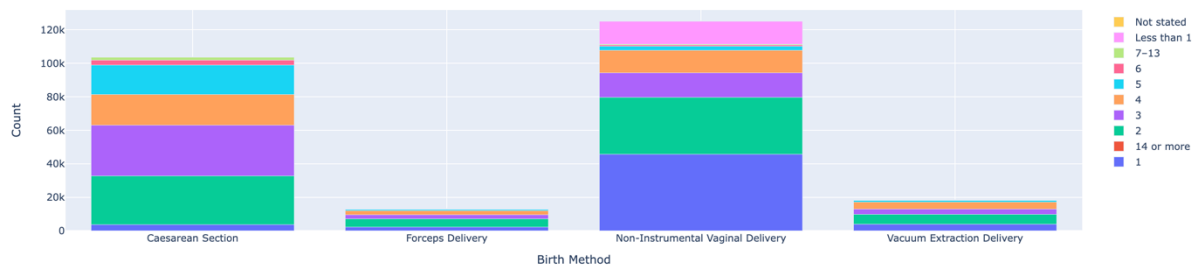
### C-Section Pros:



### C-Section Cons:



Recovery Time (in days) for each Birth Method



Women who have cesarean sections typically experience longer hospital stays and recovery times than those with vaginal deliveries. While C-sections can be necessary and safe, they may involve extended healing and increased risks for both mother and baby. Understanding these factors aids in making informed delivery choices.