

## Pregnancy

### This gentle c-section breech birth is like nothing you've seen before

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Center Fertility Center in Venezuela is dedicated to humanizing all birth experiences — the vaginal deliveries *and* the c-sections. That's why they're proud to shared this incredible video of the gentle c-section birth of a [breech baby](#) boy.

This little guy made his way into the world on March 10 with supporters on hand. Along with the surgical team, his father and a doula were welcomed to witness his arrival.

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Dr. Jham Frank Lugo, the Medical Director for Cenfer, wrote about this birth while posting this video to [Instagram](#).

"One of the usual causes for a planned cesarean section is the position of the foot (sitting or buttocks) that is when the baby is placed with the feet down," he explained. "It is a position that undoubtedly presents major problems for vaginal birth, but nevertheless, it does not prevent it."

Calling what was captured above "a [respectful and careful birth](#)," he added that the baby was able to immediately be with his mother. Things he feels contributed to a wonderful experience include patience, music that the parents choose for this moment, the support of [the father and doula](#), late cord clamping, and early attachment.

Recently the doctor reflected on the facility's first gentle c-section, posting this video.

Describing the birth that took place August 11, 2016, he wrote:

"José was our first [#BebéCenfer](#) who had the opportunity to live a spectacular experience with his mother, where the attachment between them left all the operating room staff impacted.

While it is true that a cesarean section is a surgical act that is necessary in some women, and they have made it possible to reduce complications and save the lives of many babies, for the baby and the mother is very different...

Just at the moment of birth [the curtain separating](#) the operative field from the mother is lowered and her head is raised so that she can appreciate the exit of her baby. The delivery of the baby is very slow, careful and calm, where the doctors only assist the baby in the necessary moments giving the impression that they caress him.

Once the baby has completely emerged the surgery is not yet finished, however, it continues as the mother enjoys the first minutes of her baby's life in her arms, resting on her breast, stroking, feeling and kissing him. After this stage of attachment the baby receives the first care of his pediatrician.

Cenfer and the Lugo Clinic are a committed team that makes this event possible, where it is only necessary to create awareness that the moment of birth is the most important in the child's life and the first contact with his mother is fundamental."