

# JUST A HEADS-UP Jaw-dropping footage shows baby's head 'pop out' of his mum's stomach in 'gentle C-section'

The tiny infant can be seen making its own way out of the womb in the amazing clip

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24th April 2017, 10:05 am | Updated: 25th April 2017, 4:43 am



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**THIS** is the amazing moment a baby's head "pops out" of its mother's womb completely unaided during a C-section.

The incredible clip was shared less than a week ago by a doctor in Venezuela who oversaw the intimate moment.





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The [baby](#)'s head can be seen protruding through the incision in the mum's abdomen before slowly pushing its way out into the world by itself.

The emotional [video](#) which ends with the entire head poking out of the mum, was captured at the [Centro de Fertilidad Clínica Lugo](#), and has been viewed thousands of times.

Usually if a mother has a C-section or Caesarian, an incision is made for the baby to be removed by medical professionals.



## WHAT IS A GENTLE C-SECTION?

A gentle c-section is still a surgery that requires an incision to be made in the mother's womb to allow the baby to be born.

But the process is changed slightly to make the process as close to the experience of a vaginal birth as possible.

That means instead of the baby being delivered quickly by medics pulling it out through the incision in the womb, the baby is instead guided out by doctors.

The head is delivered first then the rest of the body is slowly delivered, allowing a bit of squeeze on its shoulders and chest to get rid of any extra amniotic fluid in the lungs.

The baby is then placed straight onto the mother's chest and is breastfed, exactly how it would be done in a vaginal birth, to maximise skin-to-skin contact.

Skin-to-skin contact is said to help regulate the baby's temperature and heart after birth and make the bonding process easier.

The mother can also opt to have the screen that usually blocks the c-section from view taken down to allow her to witness the birth of her child.

A gentle c-section is said to make the process of a c-section more emotional for the parents, rather than being a clinic. ■

However, some babies are birthed using "gentle C-sections", where doctors guide a baby making its own way out of the womb.

Some mums opt to have a gentle C-section without a screen, so they can watch the awe-inspiring moment their child peeks out into the world.



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