

Basically two distinct philosophical views of birth exist, and you need to become aware of which one you are influenced by. The first is that birth is a dangerous medical emergency. You might call this the medical model. These people believe that they need every modern medical service available at the hospital. The other major philosophy is called the holistic model. These people believe that birth is a natural bodily process. They generally avoid the medical model. At the extreme of each philosophy are those who birth at home (holistic) without professional help and those who schedule their cesarean section (medical) regardless of medical necessity.