

Birthing Hairstyles for Every Birth Type

From braids and sew-ins to half wigs, puffs and locs, here are 16 favorite looks sorted by the way you plan to give birth. Book your appointment between weeks 35 and 37.



BIRTH TYPE 01

Water Birth

Water-friendly styles that bounce back after a soak.



Wet-and-Wavy
Sew-In



Curly Crochet



Two-Strand Twists



Knotless Braids



BIRTH TYPE 02

Hospital Birth

Flat in the back for hours against a pillow.



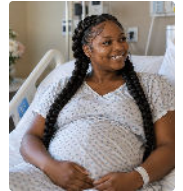
Half Wig, Natural
Texture



Half Wig, Relaxed
Hair



Jayda Wayda
Braids



Two Big Side
Braids



BIRTH TYPE 03

C-Section

Low and flat so a surgical cap fits right over it.



Braided Perimeter
Sew-In



Flat Twists



Stitch Braids



Braided Bob



EVERY BIRTH TYPE

No-Weave Mamas

Your own hair, worn up and toward the front.



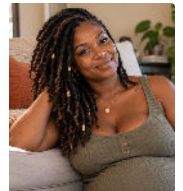
Afro Puff Up Front



Natural High
Ponytail



Relaxed High Bun



Locs, Real or Faux

Before Your Appointment

- **Gentle at the edges.** If it hurts, it is too tight.
- **Flat in the back.** Keep the volume on top or up front.
- **Not too heavy.** Shoulder to mid-back is plenty.
- **Short on chair time?** Try Jayda Wayda braids, curly crochet or a half wig.

Synthetic Hair Heads-Up

Consumer Reports (2025) found cancer-causing chemicals in every synthetic braiding hair sample it tested and lead in 9 of 10 brands.

Choose human hair when you can, and ask for a window or fan when the hot water goes on.

Hospital Bag Hair Kit

- Oversized satin bonnet
- Fragrance-free edge control
- Soft edge brush
- Satin scrunchie
- A satin-lined scarf and soft headband