

Homebirth is about...

Safety and Security

- Reduced risks by avoiding unnecessary interventions
- Reduced infection rates by avoiding hospital germs

Comfort and Privacy

- Freedom in Choice of positions and intermittent monitoring
- You have the authority to decide who is allowed in your birthing space
- Water birth option to ease discomforts
- Birthing stool and birthing ball available
- Alternative pain relief

Family Intimacy

- Partner involvement encouraged - in some cases partners may catch the baby
- Easier Baby bonding and breastfeeding
- Sibling involvement as desired

Deluxe Care

- Individualized care where the focus is on you and your choices
- Extended prenatal and postpartum appointments for comprehensive care
- Breastfeeding teaching and support as part of integrated mother-baby care

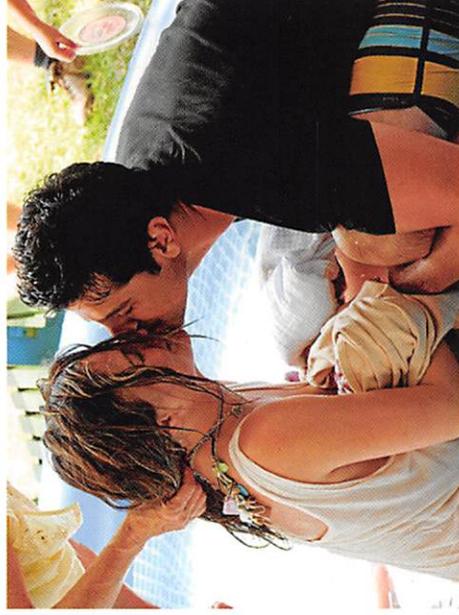
A Practical Choice

- Most insurances accepted/affordable payment plans
- Professional and compassionate Certified Nurse-Midwife and Birth Assistant-Doula support
- Familiar environment with support people of your choice

Could homebirth be an option?

Birthing at home is recommended for you if:

- You are having a healthy pregnancy with no complications
- You want to avoid an episiotomy, cesarean section, epidural and other similar interventions
- You want to share the experience with family and friends
- You want to be free to move around, change positions, take a shower, and eat or drink freely during labor



"Midwives attend the vast majority of births in those industrialized countries with the best perinatal outcomes..."
-Coalition for Improving Maternity Services, The Mother-Friendly Childbirth Initiative, 1996

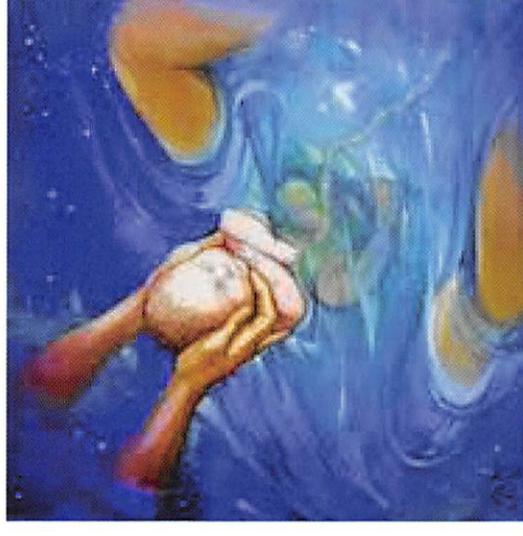
Water Births: Know the benefits

Benefits for Mother:

- Warm water is soothing, comforting, and an effective pain reliever
- Immersion in water often helps lower high blood pressure caused by anxiety
- Water reduces stress-related hormones, allowing the mother's body to produce endorphins which serve as pain inhibitors
- Water causes the perineum to become more elastic and relaxed, which decreases the chance of needing stitches and/or episiotomy

Benefits for Baby:

- Provides an environment similar to the womb easing the transition
- Eases the stress of the birth, increasing baby's reassurance and self security



FACTS

There is ample evidence showing that laboring at home increases a woman's likelihood of a birth that is both satisfying and safe.

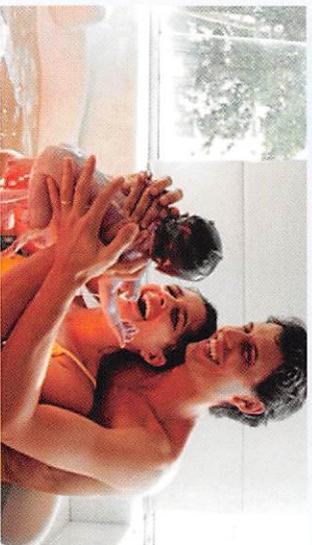
Studies repeatedly document the safety of planned midwife attended home birth for healthy low-risk women and their newborns. This is especially related to the reduced exposure to infection, the decreased use of interventions at home, and the easier flow of labor and birth that occurs within the familiar and comfortable surroundings at home.

Sources to Learn More:

<http://www.gentlebirth.org/format/myths.html>

<http://www.indiebirth.com/10-homebirth-facts-no-ones-telling-you/>

<http://www.midwiferytoday.com/articles/homebirthchoice.asp>



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appointment today!



COULD HOMEBIRTH BE FOR ME?


KEEP
CALM
AND
BIRTH
AT HOME