

## HOME BIRTH FACTS

- Safe home birth
- Natural childbirth
- Positive experiences
- Natural physiological events
- Pain is part of an essential and healthy feedback mechanism
- Medical management of pregnancy and birth should be limited
- Privacy of your own home
- One to one midwifery support
- Easier to let go at home
- Avoid unnecessary medical intervention
- Freedom to choose your place of birth
- Most of the time problems in labor develop slowly, enough time to be transferred.
- Watchful midwives
- Better outcomes for mom and baby
- Complications rates lower
- Labor shorter
- Blood loss minimized through nutrition
- No induction of labor
- Increased mobility – freedom to move around
- No unnecessary intervention
- Birth experience matters
- Comfort, security and familiarity of your own home
- Relaxed, peaceful & nurtured
- Celebration not a disease
- The way women gave birth for centuries and still do in many cultures
- Water birth
- Birth in whatever position you want
- Always two midwives
- Midwives have a well equipped birth kit
- Treated as a birth, not an emergency
- Take responsibility for your own choices+
- Homebirth Midwifery Services - \$3,800 – 4,200
- Services includes: Prenatal care, labor, birth, and several postpartum visits.