

## **CHOOSING A HOME BIRTH**

Choosing the appropriate place to birth your child is an important maternity care decision. In the U.S. the vast majority of women choose to birth in a hospital setting. Most Americans consider the hospital to be the safest place to birth. Many believe that it is the ONLY legal place to birth. This is not true. For many women, birthing at home or at a birth center, with a qualified and experienced care provider, is a safe and legal option.

### **IS HOME BIRTH FOR YOU??**

- \*I am healthy and have had a healthy pregnancy.
- \*I am considered low-risk by my health care provider.
- \*I want to labor, birth and meet my baby in a safe & familiar environment.
- \*I am concerned about the discomfort of the trip to the hospital.
- \*I want to avoid the risks of routine interventions used in hospitals and risks of infection.
- \*I want to avoid an unnecessary cesarean section.
- \*I want to have access to my partner, family and support people at all times during labor, birth and the postpartum period.
- \*I want to be with my baby continuously from the moment s/he arrives in the world.
- \*I believe pregnancy and birth are normal, natural functions and not an illness to be medically treated.
- \*I believe in my body's ability to give birth to the baby I have conceived, grown and protected.

Many countries support offering women the option of home birth. The Royal College of Obstetricians and Gynaecologists of Britain states: "There is ample evidence showing that labouring at home increases a woman's likelihood of a birth that is both satisfying and safe, with implications for her health and that of her baby."

To learn more and to find resources to help you decide whether home birth may be right for you, please visit [www.choicesinchildbirth.org](http://www.choicesinchildbirth.org) and/or schedule an appointment to meet with Dana Ericson, CNM, ARNP.