

HAVE YOU CONSIDERED A HOMEBIRTH?

WHAT IS HOMEBIRTH?

Homebirth is giving birth to your baby in the comfort and privacy of your own home with a qualified midwife in attendance.



The Birth of Vera
Photo courtesy of Jerusha Sutton

IS HOMEBIRTH SAFE?

Yes! Studies show that planned homebirth with a midwife is as safe for babies and safer for mothers compared to low risk births in hospital (1).

WHY DO FAMILIES CHOOSE HOMEBIRTH?

Some common reasons for choosing a homebirth include:

- *Ability to labour and give birth in privacy and comfort
- *Families stay together
- *No separation from baby, partner or other children
- *Higher breastfeeding success rates (2)
- *Reduced interventions such as episiotomy, induction and instrumental deliveries (3)
- *Dedicated, focused care from your midwife/midwives during pregnancy, birth and postpartum
- *Women report greater satisfaction with care compared to hospital (4)



HOME BIRTH NEW SOUTH WALES

Head to
www.homebirthnsw.org.au
for more information

HOW CAN I ACCESS A HOMEBIRTH?

Depending on where you live, you can employ the services of a privately practicing midwife to attend your pregnancy, labour and birth. Some hospitals also offer publicly funded homebirth programs.

References:

1. Angela Reitsma et al, 2020 Maternal outcomes and birth interventions among women who begin labour intending to give birth at home compared to women of low obstetrical risk who intend to give birth in hospital: A systematic review and meta-analysis 2. de Cock et al, 2015. Exclusive breastfeeding after home versus hospital birth in primary midwifery care in the Netherlands. BMC pregnancy and childbirth, 15(1), p.262. 3. Davies-Tuck et al, 2018. Planned private homebirth in Victoria 2000-2015: a retrospective cohort study of Victorian perinatal data. BMC pregnancy and childbirth, 18(1), p.357. 4. Sandall et al, 2016. Midwife-led continuity models of care compared with other models of care for women during pregnancy, birth and early parenting. Cochrane Database of Systematic Reviews.