

I've got a silly question

There's no such thing!

What do I need to provide for a homebirth?

A couple of towels and protection for your sofa/bed, eg mattress protector or shower curtain.

Who will be with me?

We aim to send either two midwives to be with you at the point of delivery, or an experienced midwife with a health care assistant to support.

What if we need to go to hospital?

We call an ambulance and transfer to the hospital. Ambulances are called as time critical, which puts you as the highest priority call, and the midwives with you are trained to provide emergency care for both mum and baby in the meantime, if needed. The most common reasons for transfer are non-emergency reasons.

Will there be a lot of mess?

No! We take all the rubbish away with us, so you are just left with a healthy mum and baby.

Can I have a waterbirth at home?

Absolutely! You need to source your own pool and liner (we can advise you on this).

What do I do with my other children during the birth?

We are happy to have children in the house so it is your preference on how much or little involvement they have in your birth. Some mums like their children to be present with them at the birth! We do ask that you have childcare arrangements in place if you need to be transferred to hospital.

We'd love to speak to you

Email: rbft.homebirthteam@nhs.net

To be referred to the team, contact your named community midwife.

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Maternity Unit, May 2018
Review due: May 2020



Congratulations on your pregnancy and a warm *hello* from the Homebirth Team!

Who we are and what we do

We are a small team of specialist midwives, supporting women with uncomplicated pregnancies to birth their babies at home.

We provide a complete 'caseloading' model of care, which means we will provide all of your antenatal, labour and postnatal care in your own home, with your own midwife.

We were established in April 2017 and our ethos is about providing holistic care to help women birth their babies safely at home; supporting you to have your best birth possible.

We're a friendly bunch of midwives, so please get in touch – there's no such thing as a silly question!



Is homebirth safe?

For the right women, it is very safe! The Birthplace Study looked at birth outcomes for women and babies in over 64,000 uncomplicated pregnancies, depending on women's choice of place of birth.

For all women, having a baby is generally very safe, with adverse outcomes for the baby occurring rarely – in only 4.3 out of every 1000 births. Of 17,000 planned homebirths, for women with uncomplicated pregnancies it was found that:

- Homebirth for second and subsequent babies is just as safe for your baby as being born in a hospital. It is safer for you as you are more likely to have a normal vaginal birth with fewer interventions. The transfer (to hospital) rate is around 10% during or after the birth.
- For women having a first baby, a planned homebirth increases the risk for the baby by a small amount – up to 9.3 out of every 1000 births at home. There is no increased risk to the mother and normal birth rates are significantly higher (67% compared to 46%). The transfer (to hospital) rate is around 45-50%.

Psst... if you love a bit of research, here is the study in all its detail: 'Perinatal and maternal outcomes by planned place of birth for healthy women with low risk pregnancies: the Birthplace in England national prospective cohort study, Brocklehurst et al. 2011'.

Is homebirth right for you?

A homebirth is perfect for you if:

- You are in 37-42 weeks of pregnancy
- You are having one baby
- This is baby number 1-5 for you
- You are generally fit and well and your pregnancy or previous pregnancies have been largely uncomplicated
- You have had a previous vaginal birth (including with assistance from instruments) – your chance of a normal birth this time is more than 95%.

www.nhs.uk/Conditions/pregnancy-and-baby/Documents/Birth_place_decision_support_Generic_2_.pdf

Don't worry if you don't meet the criteria, every woman is assessed individually, and we will help to support you with your choice of homebirth – just get in touch and have a chat with us!

