

The Birth Center in Your Home

Have you sometimes wished that we had a freestanding birth center nearby?

Have you thought that a birth center might be an ideal place to give birth?

Don't let the lack of a local birth center keep you from having the wonderful, intimate birth you desire, safe and free from unnecessary interventions and unnecessary separation of mother and baby.

I can bring a birth center to your home. I did my clinical residency in a freestanding birth center, so I became accustomed to having access to the same kind of safety equipment you would expect in a hospital labor and delivery room. Now, the electronic monitoring devices that used to weigh hundreds of pounds are available as portable devices. So I carry smaller, more portable versions of all the birth center equipment.

When I come to your home, I bring the birth center:

- Standard equipment for assessing vital signs for mother and baby
- Continuous electronic fetal monitoring if desired or needed for safety
- Suction equipment, oxygen tanks and equipment for resuscitating baby
- Sterile instruments for cutting the umbilical cord and suturing
- Pharmaceutical medications for controlling bleeding, IV fluids and equipment
- Ultrasound machine if necessary to visualize baby's position
- Optional AquaDoula birth tub, birth stool, birth ball and TENS machine
- Aromatherapy, herbs and homeopathic remedies and other items for comfort and convenience

Why Your Home is Better than a Birth Center:

- You don't have to be in a car in labor, and you can't get stuck in traffic - you're already there!
- You're already immune to the germs in your own home.
- Your baby is already immune to the germs in your own home.
- You have exclusive use of the facilities and won't be distracted by other families .
- Older siblings can sleep in their own beds.
- You have your own music, candles and other pleasures--your food and your kitchen.
- You use your own bath and linens . . . we do the cleanup and laundry!
- AquaDoula tubs have disposable liners, which have less infection risk than built-in tubs.
- You don't have an uncomfortable ride home from the birth center six hours after the birth.

Emergencies are handled the same in your home as at a birth center: very urgent situations are resolved right there or they are stabilized while you are transported to the hospital if necessary.

A large study in British Columbia compared the safety of midwives attending births in the home, the same midwives attending births in the hospital with low-risk women, and physicians attending births at the same hospital from the same pool of low-risk women. This study showed that the best results were with midwives at home, the next best results were with the same midwives in the hospital, and the worst results for low-risk women were with physicians in hospital. [*Janssen, Saxell et al. CMAJ, 2009*]

**For healthy women having a normal pregnancy,
the safest place of birth is the birth center in your home.**