



Is homebirth for me?

Birth is a very life changing event. In Arizona, women have choices about how and where they choose to give birth. When looking at the options, consider these aspects-

* **Safety:** Risk is constantly evaluated to ensure only healthy, low-risk women birth at home. This is addressed by discussing things like nutrition, exercise, and stress management at each prenatal appointment, as well as offering options such as ultrasounds and bloodwork in the prenatal period. Prenatal appointments happen in the comfort of your own home!

In labor, Supporting Your Birth, LLC ("SYB") has an plan to be carried out in the event of urgent and non-urgent emergencies. This includes information containing the closest fire department/EMS location and closest hospital to transfer to. SYB also keeps current in CPR for both adults and newborns, and carries oxygen, anti-hemorrhagic medications, and monitoring equipment to every birth. It's important to note that because interventions are rarely used in labor while at home, there are little to no iatrogenic (doctor caused) risks.

***Informed consent and refusal:** People that choose homebirth often desire to have more information and decision making power in the journey. When working with SYB, all decisions are made mutually with your midwife, after getting information about the risk and benefits, and having any questions answered you may have. Since at SYB, you are considered an equal to your midwife, there is not the intimidation many can feel when talking with doctors. This is especially important in labor, when you don't want to have to advocate for your right for information and/or the ability to refuse a procedure.

With SYB, YOU are in control! The midwife is simply her to educate and empower you to make choices you feel are right for your situation. True informed consent only happens when there is the also the choice of informed refusal.

***Preferrable!** High on the list of reason people would rather choose homebirth are...

one-to-one care	increased family involvement
extensive appointments	books and video to help you prepare
comfort of your own home	option of waterbirth
close communication with your midwife	often less expensive than hospital births
ability to chose birth attendents	lower risk of illness (vs bacteria in hospitals)
network of like minded professionals	relaxation & support in the postpartum period

Most of all, Supporting Your Birth has a deep desire to help you have a safe, satisfying birth experience. Birth happens easiest and with fewer complications when you are cared for body, mind and soul; when you can celebrate this time in your life as a normal, exciting event to look forward to; when you feel secure and safe. Although homebirth may not be for everyone, it is a great option for those seeking professional, respectful, and loving care in the privacy of their own home.