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## FOR FURTHER INFORMATION CONTACT:

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Auckland Home Birth Assoc. Box 7093 Wellesley St  
Auckland.  
I wish to join the Auckland Home Birth Association.  
Enclosed is my \$5.00 subscription.  
(Our subscription year is 1st July to 30 June)

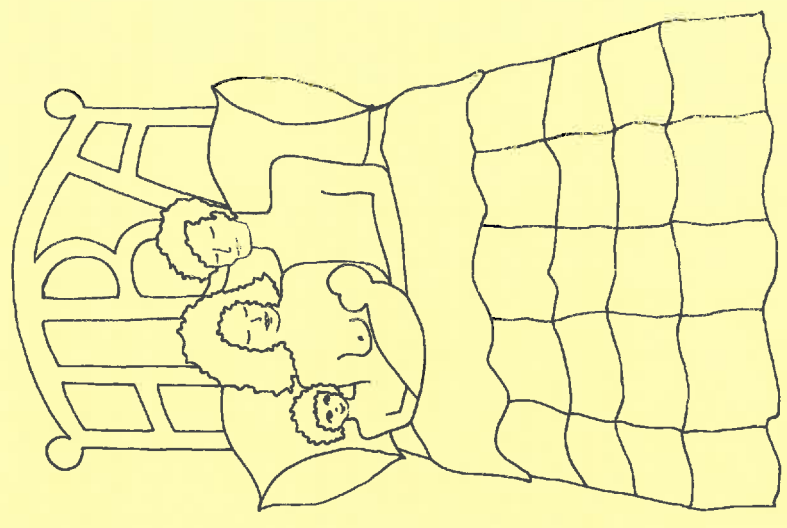
NAME .....  
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# Have you considered a home birth?

## Why have a homebirth?

In the familiar surroundings of your home, with the constant support of your partner, and the midwife whom you have already met, birth is a relaxed and joyful experience. The baby comes at its own pace, is born quietly and gently and is immediately part of the family. Older children are not separated from the mother and have the opportunity to share in the miracle of birth. Mother and baby start getting to know each other from the moment of birth, without interruption.

Breast feeding is more easily established in the calm of your home with the regular help of the midwife over the first few weeks.



## Suggested Reading

- The Paper Midwife — I. & P. Johnson
- Birth at Home — S. Kitzinger
- The Experience of Child Birth — S. Kitzinger
- Pregnancy and Child Birth — S. Kitzinger
- Immaculate Deception — S. Arms
- Nature Birth — Danae Brook
- Active Birth — Janet Balaskas
- Birth Reborn — M. Odent
- Special Delivery — R. Baldwin
- The Five Standards — Napsac Publications
- of Safe Childbirth 3 vols — Napsac Publications
- 21st Century Obstetrics — Diony Young
- Now 2 vols
- Changing Childbirth

ASK YOUR PUBLIC LIBRARY FOR THESE BOOKS.

## Have you considered having your baby at home?

Many people are choosing to have their babies at home. There are skilled, capable, understanding midwives and sympathetic doctors assisting at home births throughout New Zealand.

There are many advantages in having your baby at home. The risks that our grandmothers faced have largely been overcome by the screening out of women at risk, good antenatal care and the education of parents in natural childbirth techniques.

There is no reason why you shouldn't have your first child at home. If you want to 'give birth' rather than be 'delivered', then at home with a patient, skilled midwife who believes machines are not necessary in natural childbirth, is the place for you and your baby.

## Is it safe?

Pregnancy and childbirth are normal functions of the healthy woman. It is neither dangerous nor safe. For well-informed women who take responsibility for their own health and remain fit throughout pregnancy, maintain a good diet and neither smoke, drink alcohol nor use drugs, home is at least as safe a place to give birth as hospital. Parents cannot assume that hospitals are always safe. However for some mothers and babies with genuine medical problems, hospital is the only choice. Doctors will screen women for whom hospital is more appropriate as only low risk women are suitable for home birth.

## How do I arrange to have a homebirth?

Firstly, phone a member of the Auckland Homebirth Association (numbers overleaf) who will put you in contact with a midwife in your area. She will make your booking and help you find a sympathetic doctor who will handle your antenatal care. Make these arrangements as soon as you know you are pregnant.

## Homebirth — the role of the domiciliary midwife.

The midwife makes 3 antenatal visits to your home to get to know you and your family. Preparations, the kind of birth wanted and general organisation are discussed at this time.

As the expected delivery date gets closer the midwife keeps in touch regularly, leaving telephone numbers so that she can be contacted at anytime. Domiciliary midwives in the Auckland region work in close association with each other so that should they be attending another birth when your labour starts another midwife is always able to come.

When labour starts you contact the midwife. She is ready to come as soon as you want her and provides highly skilled, personal care throughout your labour. You are free to walk, stand or lie during labour and to give birth in whatever position you choose or feel most comfortable.

After the birth, the midwife helps the mother bath and leaves the family alone to rest.

She returns a few hours later to check the mother and baby, and continues to visit each day for the first 12 days of the post natal period, helping to establish breast-feeding and overcome any problems.

Because the doctor has legal responsibility for the birth she/he likes to be present at birth, but generally does not take an active part.

## Post natal care for early discharge from hospital

Auckland Domiciliary Midwives are able to provide post natal care (daily visits for ten days following the birth) for those women wanting an immediate or early discharge from hospital.

If you are unable or not confident about giving birth at home but would like an immediate discharge after a normal birth please contact the Auckland Homebirth Association (telephone numbers over page) who will put you in touch with a midwife. Early discharge from hospital enables bonding between baby and family to develop unhindered.

## What does the Home Birth Association do?

The Auckland Homebirth Association is a voluntary organisation that has been formed to promote homebirth and domiciliary midwifery as an alternative to hospital births. The association works to keep this option open to parents and to provide support for midwives. It also gives advice and encouragement to those contemplating homebirths and through the Support Groups gives practical aid before, during and after the birth.

There are four Homebirth Support Groups in Auckland. They all meet regularly in an informal setting and organise antenatal classes in which aspects of pregnancy, birth, nutrition, breastfeeding, contraception and the father's role are discussed. Coffee mornings for mothers with babies are run in most areas regularly so there is plenty of opportunity for mutual support among homebirth parents.