

Who will need to be at your home birth;

When thinking about preparing your home and the events surrounding the big day, keep in mind that one of the advantages of laboring and giving birth at home is privacy.

Make sure that anyone you invite will be supportive of your choices. Some of the things to consider are, will I feel completely comfortable around this person, what if we have family from out of town coming to visit and when should we expect to have visitors?

Besides your birth team, that consists of two or three people, the midwife and her apprentice and another midwifery student or doula. You will definitely need one other person, husband, baby's parent and/or partner to be your primary support person. Sometimes families want their close relatives to attend as well. If you want therapists, photographers or other supportive professionals to attend your birth that is perfectly acceptable just make sure they are informed about natural birth, midwives and home birth.

If you already have other children, you will definitely need someone to care for the young ones in the household. Women who feel supported and cared for will have better outcomes and their babies will be able to go into capable hands for just a moment while she does some self care. It's great to have help the first week, if dad can take off work or a sister could come for a few days that will be of great help. Let us know who you have planned to be present at the birth and who will stay with you afterwards. You will be given postpartum instructions ahead of time detailing your care in the first 24 hours until your last home visit. Anyone who visits should be healthy and free from contagious illness, wash their hands and play it safe.

The midwife will stay after the birth at least 2-3 hours to make sure mother and baby are doing fine, fed, stable and all tucked in for a rest. Then she will return for post visits the next day, day 3-4 and 1-2 week for check ups. The 6 week post visit is in the office. You will need to plan on having the baby seen by a physician by 4 weeks. Ask us for recommendations.