



Home Birth

1. Place of Birth

You can birth your baby at home, in a Midwifery Led Unit (MLU) or in the delivery suite. Ultimately it's your choice. To make an informed choice it's important you can access some up to date evidence based information. Advantages of home birth: Birthing in a familiar environment can support your birthing hormones to flow, not having to interrupt labour to travel to hospital, being able to set up your birth environment as you would like, lower likelihood of having interventions. Increased chance of knowing the Midwife at your birth.



2. The Research

Home Birth Research - AIMS <https://www.aims.org.uk/journal/item/home-birth-research>

Is home birth safe? - Dr Sara Wickham
https://www.sarawickham.com/research-updates/is_home_birth_safe/

Norwegian study by Skrondal et al (2020) -
<https://www.sciencedirect.com/science/article/pii/S0266613820300784>

[The Lancet - Perinatal or Neonatal Mortality](#)

[The Lancet - Maternal Outcomes and Birth Interventions](#)



3. Books & Support

Giving Birth at Home - Dr Sarah Buckley
<https://sarahbuckley.com/giving-birth-at-home/>

Homebirth: Safe & Sacred - Kim Osterholzer (Book)

Why Home Birth Matters - Natalie Meddings (Book)

Home Birth Support UK Facebook Group -
<https://www.facebook.com/groups/homebirthsupportuk>
Home Birth UK Facebook Group -
<https://www.facebook.com/groups/105015692870031>

