

## Useful links

[www.homebirth.org.uk](http://www.homebirth.org.uk)

This is an informative and carefully planned site which is an ideal place to begin your research on home birth. It is run by Angela Horne who has had five home births. She discusses all the major issues in great detail.

<http://www.sheilakitzinger.com/Homebirth.htm>

A useful site, which also includes some articles showing media coverage of the home birth discussion.

[www.aims.org.uk](http://www.aims.org.uk)

Campaigns for better understanding of the normal birth process and also provides support and information about maternity choices in the UK.

## Next Meeting

For information on the next home birth support group meeting date and location, or for a chat about your plans for a home birth, please call:

01234 / 325104 or 218441

or contact us via email at:

[charsmith@btinternet.com](mailto:charsmith@btinternet.com) or  
[anna\\_spyropoulos@hotmail.com](mailto:anna_spyropoulos@hotmail.com)



# Bedford Home Birth Support

## We aim to...

Bust the myth of home birth being only for brave people

Promote home birth as the normal option for healthy pregnancies

Build understanding of the facts: that home birth is every bit as safe as hospital birth, and is in fact safer for healthy pregnancies.

# BHBS – Who We Are

We are a group of local families who have all experienced the positive impact of giving birth in a safe, calm and comfortable environment at home, supported by excellent midwives.

We are committed to helping build understanding of home birth as a safe and normal choice for healthy pregnancies, with many additional benefits for mother and baby, and the rest of the family.

## **We hold meetings on the first Tuesday of every month.**

All our hosts have had a homebirth. We share birth stories, top tips and do our best to answer all the questions that parents-to-be have. It is also a wonderful opportunity to meet other expectant parents planning a home birth. These meetings take place in members' homes.

We encourage new parents to return to the group after their baby has been born to share their birth story. We have a photo album so you can be encouraged and inspired by others. We'd love to add your baby's photo to our collection.

We know and can put you in touch with women who have chosen to have a homebirth in circumstances such as:

- Water birth
- First time mothers
- Older mothers (40+)
- Previous hospital birth
- Previous difficult birth / transfer to hospital
- Previous heavy bleeding after birth

We have father's contacts for dads who would like a male perspective.

# The Facts about Home Birth

Research over the last couple of decades has found that planned home birth is at least as safe as hospital birth for healthy women with normal pregnancies. In addition, home birthers are half as likely to have a caesarean section, half as likely to have an assisted delivery and have a lower risk of haemorrhage. Babies born at home are less likely to have birth injuries and to need resuscitation. Breastfeeding and bonding has also been shown to benefit from a home birth.

*(Chamberlain, G, Wraight A, Crowley P. Home Births The report of the 1994 confidential enquiry. National Birthday Trust Fund. Parthenon Publishing)*