

Homebirth

Many expectant women do not consider a homebirth as an option, whether it's their first baby or not. However, those who decide against the option often do so due to lack of information and support offered early on in their pregnancy.

This is where Leighton Buzzard's own Homebirth Support Group has proved to be invaluable. The group provides parents-to-be with support, information and an opportunity to meet other women who have given birth at home.

The Facts

- Homebirths are a safe option for most women, including first-timers.
- Choosing where to have your baby has everything to do with where you feel most confident, in control and able to relax.
- Research proves that planned homebirths are as safe as hospital ones for healthy women who have had straightforward pregnancies — they require less pain relief, fewer interventions and avoid risks of infection.

The Homebirth Group can simply talk to you over the telephone, send you information or arrange for you to meet with local women and their partners who have experienced a homebirth. The group also has a library of books and videos for you to borrow.

For further information, contact Sarah on 07947 188628.