Home Birth Aotearoa

SESSION 3.

Preparing for Your Home Birth

KEY POINTS

Preparing for your home birth.
Support team, practical needs & birth space.

Choose your support team wisely. Birth is an invitation only event. Choose people who you feel comfortable and safe having around you.

Everyone brings their own energy into the space. If someone isn't fully supportive, it may affect the birthing person and their experience.

Your birth space.
Get creative or keep it simple. What would help you feel most comfortable, relaxed and supported?

Home Birth Aotearoa

SESSION 3.

Practical Needs and Your Baby's Arrival

KEY POINTS

Practical Needs

Towels, birth pool, califont, birth mat, drinking straws, a container for the placenta and alternative pain relief options.

Your midwife brings an extensive kit to your home and is equipped to respond to emergency situations.

Your midwife brings equipment to support your care at home, including equipment used in a birthing unit.

Enjoy immediate skin-to-skin contact. Whenever possible, your midwife will discreetly check your baby while they remain with you.

SESSION 3.

Placenta, Feeding and Newborn Checks

KEY POINTS

Your placenta may take an hour or longer to be born. Have you thought about what you'd like to do with your placenta afterwards?

Your baby's first breastfeed will often happen within the first hour after birth, but there is no rush. Give your baby time to feed when they're ready.

Newborn checks will be offered when you're ready. These may include checking your baby's head, heart, eyes, hips and, in boys - testicles, as well as measuring baby's weight and length.

Vitamin K will be offered for your baby, either by injection or orally. You can discuss the options with your midwife and make an informed choice.

SESSION 3.

Your Recovery at Home

KEY POINTS

After birth, your midwife may offer to check for any tearing. If stitches are needed, suturing can usually be done at home.

Your midwife will help you get comfortable after birth. You can shower, eat, snuggle your baby and climb into your own bed when you feel ready.

Take it easy, rest and enjoy getting to know your baby. It's okay to say no to visitors while you settle in.

Remember to eat nourishing food and drink plenty of water to stay hydrated and support your recovery and breastfeeding.

ALTERNATIVE PAIN RELIEF OPTIONS

CLARY SAGE– For inhalation during contractions.

Tens Machine– Nerve stimulations. Releases endorphins, blocks out pain messages to the brain.

Water Immersion– Promotes relaxation and provides significant pain relief.

Heat & Acupressure– Reduces the perception of discomfort.

Your Breath– May interrupt pain signals and gives you something positive to focus on.

WHAKATAUKĪ

