

What are the Risks?

Birth is generally very safe, however occasionally things don't go according to plan. For women who choose to have their first baby at home, the evidence shows that of the 45% of women transferred in to hospital the main reason was due to delay in the first stage of labour. Transfer to hospital falls to around 10% when women are having subsequent births at home.

The midwives at home monitor women and babies' well-being closely from the moment they enter your house, until the moment they leave. If any concerns are identified, the midwife will discuss these with you and recommend transferring into the nearest maternity hospital via ambulance for increased monitoring.

Patient Quote from Lucy

"We can't thank the homebirth midwives enough for guiding us through this experience and providing us all with amazing midwifery care. They were professional, reassuring, approachable, incredibly knowledgeable and made us feel safe and relaxed.

After the birth they remained available to us for advice and have visited several times to assess myself and my baby. After my experience I would highly recommend a home birth to my friends and family."

For further information on the risks and the evidence available you can either discuss with your midwife, visit our website at www.liverpoolwomens.nhs.uk/maternity/ or get in touch with our Midwife at Home Team.

Call or text on **07976835735** or email at home.birthing@lwh.nhs.uk to discuss further.



Liverpool Women's Midwife at Home Team

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The Liverpool Women's Midwife at Home Team are a group of experienced midwives, dedicated to providing midwifery care throughout the pregnancy journey to low-risk women who are considering giving birth at home.

Supported by our community midwives, the Liverpool Women's Midwife at Home Team provide a 24-hour service, seven days a week giving you access to a known midwife throughout your pregnancy, birth and after your baby is born.

Who can have a home birth?

We know that the labour ward is not the ideal environment for all women and therefore there are alternative options for women who are at low risk of complications. NICE guidance for Antenatal care, states that 'Healthy women who are at low risk of complications should have an opportunity to choose where to give birth' and this includes home birth.

The continuity of care that the team provide makes it easy to develop relationships with the team of midwives over the course of your pregnancy, achieving more continuity and one to one care determined by your individual needs and circumstances.

If you are cared for by the Midwife at Home Team, you will be able to choose from a range of suitable locations for the majority of your antenatal appointments, whether that be at a local clinic or at home.

If risk factors have been identified either at the start of your pregnancy or are ongoing, then evidence supports that having your baby in hospital is the safest option.



What are the benefits of having a baby at home?

Home is arguably the place where most of us feel safest, and labour hormones work more effectively when we are relaxed, calm and feel secure. Evidence suggests that women overall experience shorter labours at home compared to birthing in a hospital. At home you have access to your own facilities i.e. bathroom, birthing pool, bed, food, drink, music etc. and therefore you can create an environment that suits your needs. Many partners also report feeling more involved in the birth as they are comfortable in their own home.

You are guaranteed one-to-one care throughout labour by an experienced midwife and we routinely call a second midwife for the birth (if not before).

Evidence supports that for women with straightforward pregnancies who are having their second or subsequent baby at home, labouring at home increases the likelihood that birth is both safe and satisfying.