



the home of hypnobirthing

KGHYPNOBIRTHING INFORMATION SHEET

HOME BIRTH

Giving birth at home is a safe option for normal healthy women. We have gathered together some of the evidence to support you in making an informed choice on your place of birth.

ARTICLES

AIMS: <https://bit.ly/2J4jiED>

Sara Wickham: <https://bit.ly/3l0msqj> & <https://bit.ly/2lUMXR7>

Sarah Buckley: <https://bit.ly/35WCxZL>

RESEARCH

Systematic review and meta-analyses of 14 studies (1990-2018) - Hutton et al, E – Clinical the Lancet 2019: <https://bit.ly/3pSjuld>

A large Dutch nationwide study - de Jonge et al (2015): <https://bit.ly/3m3cfut>

Canadian meta-analysis of two matched cohort studies - Hutton et al (2015): <https://bit.ly/3pQb9oa>

16 studies that provided data from 500,000 intended home births - Lancet (2020)

When controlling for parity in well-integrated settings they found women intending to give birth at home compared to hospital were:

- 40% less needed a caesarean section
- 50% were less likely to have an instrumental delivery
- 55% were less likely to have an episiotomy
- 40% were less likely to have a 3rd or 4th degree tear
- 75% were less likely to have an infection

Less augmentation in third stage of labour, no significant increase in postpartum haemorrhage

No reported maternal deaths.

***'The first intervention is leaving your own front door.'* – Dr Michel Odent**

This information was correct to the best of our ability at the time of writing but it does not constitute medical advice and the contents should be discussed with your health care professionals.