

ADDITIONAL BIRTH ATTENDANTS

One advantage of planning a home birth is the freedom to choose who will be with you during this special time. Some people are most comfortable with few people present, while others may want to include friends and extended family. If you have small children, it is a good idea to figure out if you would want your children present at the birth. If so, you should have a support person whose sole role is to be there for your child(ren). This should be someone who wouldn't mind missing the actual birth if your child doesn't want to be there for it.

When considering inviting someone to attend your labor and birth, try to be mindful of how this person feels about birth, especially a home birth. Ask yourself if this person would be a positive, calm presence, or if they would be full of nervous energy. Also think about how you feel when this person is in your home: do you feel like you have to be a hostess or can you truly let yourself go and let them care for themselves?

Some women are interested in having a doula attend their birth. You can contact The Center for The Childbearing Year at 1-866-845-0003. They will be able to give you a list of volunteer doulas and also more experienced doulas for hire that are available in your area. You can also inquire about post partum doulas whose roles include: doing light housework, running errands, help with breastfeeding and infant care. Please let me know if you have any further questions about additional support surrounding your birth.