

# The Beautiful Birth Centre Newsletter



A natural choice for you and your baby



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## Issue 3

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### Greetings!

Here you will find NEWS and VIEWS;

- some of it will be facts and stats and references or links to research will be shown
- some of it will be opinion, based on anecdotes and life experience

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The Beautiful Birth Centre exists to support Natural Birth in all it's glory, so to read more, to join the debate, and to get information, subscribe by adding your email address to the list.

## Midwifery Services

### Understaffing/undercover reports

Midwifery news is HOT at the moment; you'd almost think that the service is crumbling as we speak.

What a pity that all these reports omit to congratulate the Midwives who we know are doing a wonderful job (sometimes with fewer resources than we would like them to have) and to celebrate the service that in spite of these difficulties is often far better than equivalent care in Europe and US.



## Join Our List

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Did you know that

- In the Brighton and Hove University Trust area the homebirth rate is at 8%, while national levels are below 2%?And since merging with Brighton the homebirth rate for The Princess Royal in Hayward's Heath has increased from 1%- 4%
- Although the government is committed to increasing the homebirth rate, the

peculiar way that funding works means that births at home do not receive funding? Carol Drummond, Head of Midwifery at the Royal Sussex Hospital is raising this subject at the Royal College of Midwives National Conference in Brighton this month.

- Brighton Midwives have a policy to support women who want homebirths even if they have had a previous cesarean section (or other risk factors) with their High Risk Home Birth Team

In order to more fully support and develop the homebirth service, midwives will be inviting all women and couples who want a homebirth to attend a get to know your midwife meeting, dates for these meetings will be available from The Community Midwives Office or The Beautiful Birth Centre 01273 622001

## Action Plan

Try this advice from the Association for Improvements in Maternity Services, AIMS

### Home Birth - Booking a Home Birth

The decision whether or not to have a home birth rests with the mother, and no-one else. The decision is hers alone. Midwives, GPs or obstetricians have no authority to agree or deny anyone a home birth, they are there to ADVISE. Whether or not you accept their advice is entirely up to you. Some women have been told that it is 'illegal' to give birth at home. This is untrue.

In order to justify an attempt to refuse a woman a home birth some women are told that they are 'high-risk', for example, they may have had a previous caesarean section. If you are classed as 'high-risk' you can ask the doctor or midwife to put in writing precisely why s/he considers you to be so. It is not uncommon for women to be labelled as 'high-risk' as an excuse for urging a hospital birth and it is important to establish what the risks are perceived to be. However, even if a doctor has defined your pregnancy as 'high risk' you are still entitled to midwifery care and to have your baby at home if you wish.

You do not have to approach your GP in order to book your home birth, you can write directly to the Director of Midwifery Services at your nearest maternity unit along the following lines:

*Dear*

*I am expecting a baby on the ... and intend to give birth at home. I have carefully considered the risks of home birth and compared them with the risks of hospital birth and I am not prepared to risk my, or my baby's health, by being delivered in hospital.*

*I would be grateful if you would arrange for my care to be provided by a midwife who is experienced and confident in assisting women to birth at home.*

*Yours sincerely*

**The Director of Midwifery has a responsibility to provide a midwife and if you have any problems making these arrangements do not battle alone, contact AIMS.**

Following this, call the Delivery Suite early in labour, and give them a "heads up" using firm and assertive language, even if the situation is not very promising at that moment, remember that it can change very quickly, and two or three hours later when

you call back, things may well have cleared and a Midwife will be allocated to you.

If you still get a negative response, someone (partner, mum, doula,) needs to clearly and decisively explain that it is not in the mother's best interests or in the best interests for the safety of the baby for her to be transported to hospital at this time.

Remember that there is always more flexibility than they will admit to; for instance, the Managers are practising Midwives, and may have to roll up their sleeves and step into the Delivery Suite in order to free up a midwife to attend you.

Do NOT accept the offer of Paramedics to deliver your baby, nice as they are, they are NOT midwives!

For advice and support on booking a home birth email [imogen@gentlewater.co.uk](mailto:imogen@gentlewater.co.uk)

## New Nappies from Lewes

**A mother from Lewes has designed a new nappy which has been tested by my granddaughter, Lotus, 9 months**

This is what Lotus' mum says about the nappy;

"The Cottontail nappy has a nice feel to it. It is soft and plush. Compared to the much used second hand motherese nappies I currently use, it is positively luxurious!

Similar in design to the motherese the cottontail nappy has an extra dimension - a row of plastic hook and eyes along the gusset on the outside. These can be opened as baby grows. That's the great thing about this nappy- it is truly "one size fits all" from birth to potty training, you will not need to buy another type.



After using cottontails for a short period, I'm impressed with how comfortable they look, and it becomes clear that every detail has been well thought out.

I have tried other nappies that are excellent in one area, but let you down in others, for example, a nappy made of man-made fibres seemed comfy at first and very quick to dry, but was very poor at absorbency and became raggedy after a few washes.

In summary, I found cottontail nappies easy to use, there were no leaks, they fit well and dry quicker than motherese, they are made from 100% organic unbleached cotton.

What more could you ask for? Self-washing nappies, maybe? Just a thought!"

[www.thecottontailcompany.co.uk](http://www.thecottontailcompany.co.uk)

£11.45 per nappy

£7.95 per wrap

Available soon from The Beautiful Birth Centre 01273 622001

see other products from;

[The Beautiful Birth Centre Shop](#)

Gentle Water Birthing Pools are available for hire from

**The Beautiful Birth Centre**  
**4 The Broadway**  
**Whitehawk Road**  
**Brighton,**  
**BN2 5NF.**

**Tel: 44(0)1273 622001**