

# Is a Home Birth a Better Experience than a Hospital Birth?

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## Arguments FOR Home Birth

- When giving birth at a hospital, there is a high chance for some form of medical intervention. However, these are not always necessary and if unneeded can lead to further complications. The risk for interventions is low during a home birth experience.
- When in a hospital, there is a risk of discrimination against families. This can be due to declining of certain services, or even belonging to a certain race.
- At home, the mother's comfort is at utmost importance. With lower stress levels, it is less likely that the mother experiences trauma associated with her birthing experience.
- Midwives know their clients very well, and are extremely familiar with their needs and wants. It's easy for those needs to be overlooked in a hospital birth, where the procedures are much more cut and dry.
- Home birth can be a very empowering experience for the mothers, babies, and family. As mothers give birth with little to no intervention in a home setting, they can feel more confident, powerful, and capable in their own bodies and with their children.
- Mothers that give birth at home are far less likely to experience inductions or C-sections, which can be very invasive and not preferable to the mother or baby.
- The mother and family are able to truly soak in this beautiful moment without unfamiliar people walking in and out of their hospital room and making them awkward and uncomfortable.
- Women feel their voices are heard and they are in more control in their own home.

## Arguments AGAINST Home Birth

- Even in the events that a mother appears to be perfectly healthy throughout her pregnancy, there is no way to know for certain that there will be no present complications during the birthing process, resources are more readily available in the hospital.
- In the case that a home to hospital transfer is necessary, valuable patient information is often lost through inadequate communication between midwives and hospital workers.
- The training midwives receive often does not match up with hospital standards. This difference in training can also be the difference between life and death for mothers and babies
- Infant mortality rates are significantly higher in home-births than hospital, with more causes as well.
- Hospital births are closely monitored, so complications can be spotted incredibly quickly, leading to swift action to potentially save the mother or babies life.
- Professionally trained midwives are only prepared to handle so many possibilities. Not every intervention can be performed at home.
- When a baby is born in a home birth, risk of seizures, and serious neurological dysfunction increases.
- Newborns are less likely to score high on any post birth assessments as well as receive adequate (up to federal standards) screening and post-natal care when birthed at home.
- It is the cultural norm. Most of your mothers, grandmothers gave birth in a hospital.
- Mothers are able to get the medication to deal with pain at a hospital.

## Opinions & Conclusions

- While there is plenty of evidence supporting the risks of at-home birth, it is not inherently dangerous. The danger comes from a lack of understanding about one's own situation and a lack of proper preparation.
- It is vital that expecting mothers do their own research into the potential risks and rewards of both home and hospital births.
- Many mothers may feel more comfortable in one setting than another, and if they are making informed decisions, either experience can be a safe and memorable way to give birth.
- The preparation before birth is important. If known risks are present then it is best for the health of the mother and baby to be at the hospital. The choice is up to the mother, it is her right to decide how she will be most comfortable and insure that she and the baby will be kept safe.
- Discussion with a medical professional is vital to see what may work best for mother and baby. If homebirth is a consideration, families should talk with their provider about the situation they are in and if the benefits outweigh the risks.



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