

Questions For A Prospective Homebirthing Mum

Why do you want a homebirth?

Where do you feel safe?

Do you feel you are being listened to and well supported?

Do you feel a sense of ownership of your birth?

Do you feel a sense of control over the decisions you make?

What do you really want from your birth – goals, priorities, wishes?

What are your fears for this birth (5) and what are your strategies for overcoming these fears?

What antenatal screening options / tests / ultrasounds are you comfortable with?

What options do you prefer if your pregnancy goes “post dates”?

What are your preferences for the “third stage” / birthing the placenta?

What are your preferences with newborn screening / vaccinations?

Are you prepared to take full responsibility for your decisions and stand by your convictions?

What do you expect at home?

What do you expect in hospital?

What if things are not going right?

What if something unexpected happens?

What is something you are uncomfortable about?

What are your plans if the midwife doesn't arrive in time?

Where is your written birth plan – for home, - for hospital?

What are the roles, responsibilities, job descriptions of each person involved in your birth and are you comfortable with them being there?

Are you at peace with your birth plan?

Are you ready for birth?

What will make you feel powerful?

What will make you feel weak?

Do you care what other people think?

What “emotional baggage” do you bring to this birth and how can you move through this?