

This is my first baby and I am thinking of having my baby at
Home

What new mothers and midwives say about giving birth here

- * You will be more relaxed in your own environment
- * You are more likely to have a normal birth
- * You are more likely to breastfeed
- * You can choose who you want with you
- * You are less likely to have a forceps, ventouse or c/section
- * You may have to transfer to NW hospital in labour because there are no doctors on site

- * Water
- * Relaxation
- * Aromatherapy massage
- * Entonox (gas and air)
- * Epidurals are only available at Ninewells Maternity Unit
- * Diamorphine

You can hire a birth pool and for pain relief you can have

Numbers to think about

- * The chances of a normal birth are 80 in 100 (80%)
- * The chances of a forceps delivery are 6 in 100 (6%)
- * The chances of a caesarean section are 8 in 100 (8%)
- * Less than 10 babies in 1000 had an undesirable outcome