MTW Women's Services
exceptional people, outstanding care

Information and local data to support your choices for labour and birth

For your first baby
2021

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Planning for a safe birth and good birth experience

For your first baby, if you go into labour naturally after 37 weeks.

How those in this group birthed last year: (2020 - 2021)

PLANNED BIRTH IN BIRTH CENTRE

Chance of transfer in labour = 28%

12% ASSISTED BIRTH (FORCEPS/VENTOUSE)

6% CAESAREAN BIRTH

82% Vaginal birth

PLANNED BIRTH IN HOSPITAL

30% ASSISTED BIRTH (FORCEPS/VENTOUSE)

18% CAESAREAN BIRTH

52% Vaginal birth

PLANNED BIRTH AT HOME

Chance of transfer in labour = 55%

18% ASSISTED BIRTH (FORCEPS/VENTOUSE)

18% CAESAREAN BIRTH

64% Vaginal birth

Things to consider

- For all settings, over 99% of babies are born in good condition. Figures are slightly better for babies born at the birth centres and hospital than for homebirth.
- If you have no problems during pregnancy, we recommend birth in one of the birth centres as the outcomes are particulary good. Make sure you visit one of the birth centres (Maidstone or Crowborough) before you decide.
- Transfer will be advised/discussed if there are any deviations from normal throughout your care at the birth centre or home
- All options for coping and pain relief are available in all settings, except for an epidural (only available in hospital)
- Talk to your midwife, doctor, birth partner and family about your choices

More information available on our website: www.mtw.nhs.uk/services/maternity

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What choices are available?

We have a range of options to support you in labour, so make sure you know what is available. Talk to your midwife or doctor about your choices and write below what is important to you.

Signs of labour

Birth partner

Position and mobility in labour

Water for labour

Entonox (gas and air)

Complementary therapies

- Hypnobirthing
- Massage
- Aromatherapy

- TENS
- Acupuncture
- Sterile water injections

Pethidine

Epidural

Minimising perineal trauma

Visit our website for more detailed information: www.mtw.nhs.uk/services/maternity

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Other things I'd like my midwife or doctor to know:

Immediately after your baby is born

Immediate skin to skin contact with your baby

Birthing your placenta

Stitches (if needed)

Baby's first feed

Baby's health check
Vitamin K