

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



**For your second (or subsequent) baby
2021**



Planning for a safe birth and good birth experience

For your second (or subsequent) 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 = 6%



1% ASSISTED BIRTH (FORCEPS/VENTOUSE)

1% CAESAREAN BIRTH

98% Vaginal birth

PLANNED BIRTH IN HOSPITAL



4% ASSISTED BIRTH (FORCEPS/VENTOUSE)

3% CAESAREAN BIRTH

93% Vaginal birth

PLANNED BIRTH AT HOME

Chance of transfer in labour = 9%



0% ASSISTED BIRTH (FORCEPS/VENTOUSE)

0% CAESAREAN BIRTH

100% 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 particularly 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



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





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



Birth your placenta



Stitches (if needed)



Baby's first feed



Baby's health check
Vitamin K


