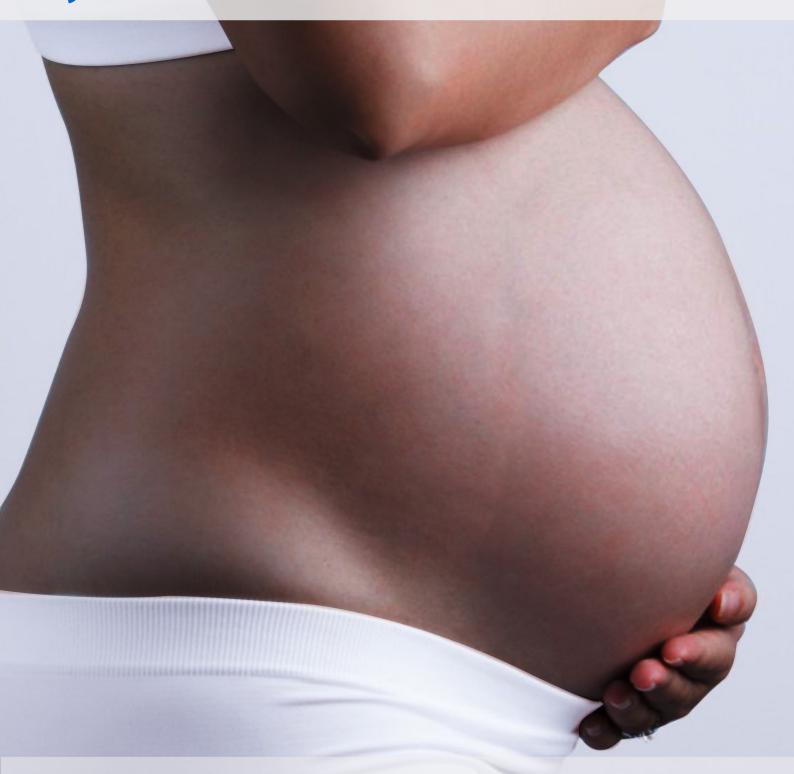


Information and local data to support your choices for labour and birth



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)

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)

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 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







We have a range of options to support you in labour, so make sure you know what is available.

alk 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	r 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	