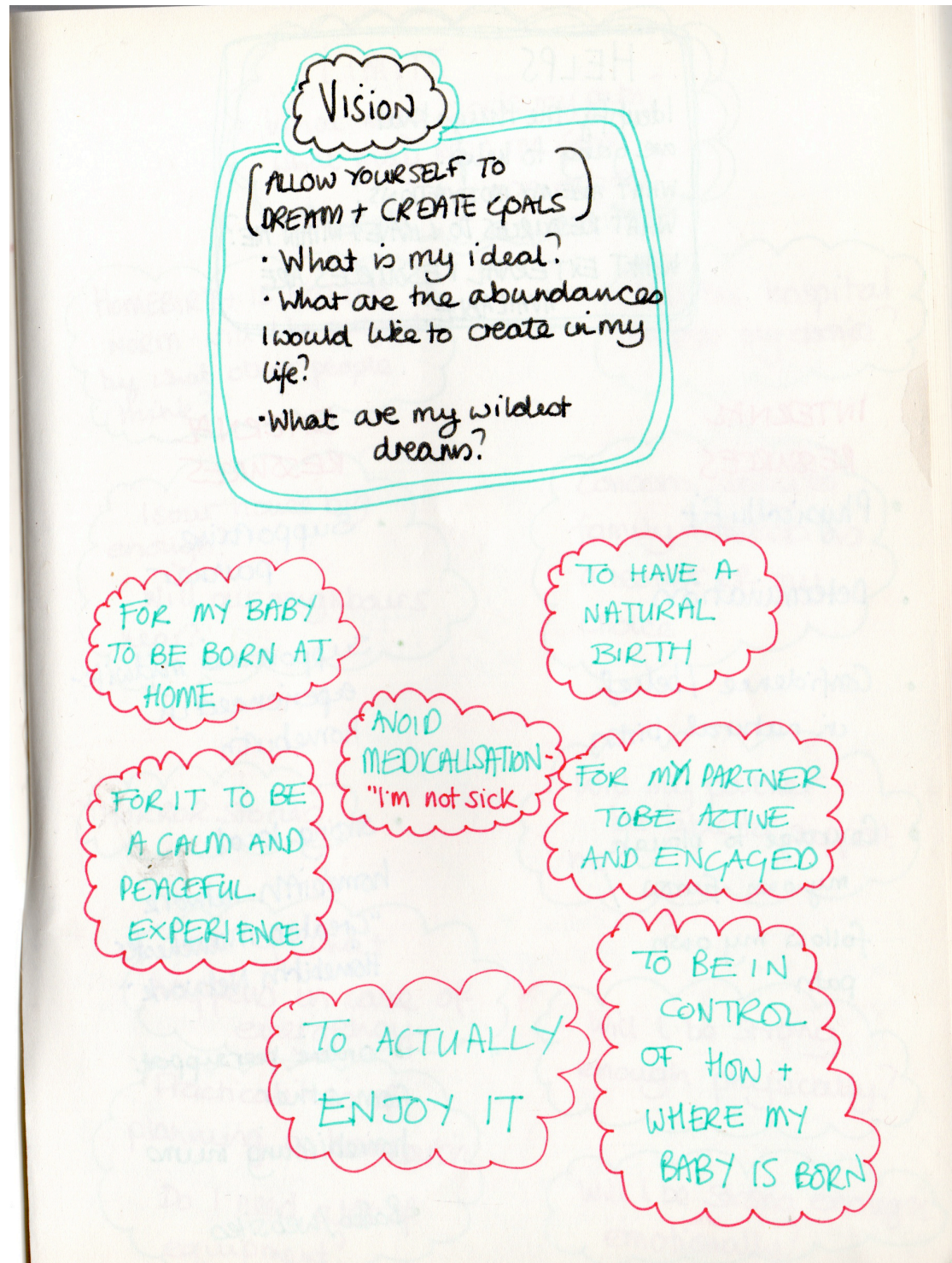


Homebirth Design

Vision, Limits, Helps

Supporting Documentation

Appendix 1 - Vision



Appendix 2 – Helps

HELPS

Identify the things that are going to help.

WHAT ARE MY MOTIVATIONS?

WHAT RESOURCES DO I HAVE? WITHIN ME?

WHAT EXTERNAL RESOURCES ARE AVAILABLE?

INTERNAL RESOURCES

- Physically fit
- Determination
- Confidence / belief in natural birth
- Courage to plough my own furrow / follow my own path

EXTERNAL RESOURCES

- Supportive partner
- Supportive midwife-experienced in homebirth
- Strong local homebirth network "Greater Manchester Homebirth Network"
- Online peer support from other homebirthing mums
- Books / websites

Appendix 3 – Limits

LIMITS

What may block my path?
What may keep me from
my aspiration?

Homebirth is NOT THE
NORM - will I be swayed
by what other people
think?

Will the hospital
support my choice?

Is our house big
enough?
Will our neighbours
hear?

Concern / worry to
family members as
a result of my
choice

HORROR STORIES.

Will my partner
be able to support
me?

Fear of what
happens in case of
emergency

Will I be strong
enough physically?

Practicalities of
planning a homebirth
Do I need a lot of
equipment?

Will I be strong enough
emotionally?