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YOUR GUIDE TO GIVING BIRTH IN HERTFORDSHIRE



B I R T H & B A B Y

With Midwife Meg

by Midwife Meg

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ABOUT THE AUTHOR



Hi! I'm Meg!

I am an experienced & practising midwife of 13+ years and a mum of 3 myself. I founded Birth & Baby after giving birth to my first son in 2019, after feeling disappointed with the quality of antenatal education available to parents. I believe all parents can achieve a positive experience with the right preparation.

Here at Birth & Baby we are passionate about providing holistic, modern & evidence based antenatal education to fully prepare you for your birth and for the early weeks of parenthood.

Thank you for downloading this guide and I hope it is helpful!

Get in touch [here](#) if you have any questions!

YOUR BIRTH PLACE OPTIONS

1 HOME

Everyone has the option of giving birth at home. Your local NHS trust will offer this as a birth place option. Recent research has shown that, if your pregnancy is low risk and healthy, planning a home birth is as safe as hospital birth for babies, and safer than hospital birth for mothers. You can read the research [here](#) and [here](#). Benefits of home birth include being in your own environment (helping you to relax and birthing hormones to release) and reduced likelihood of intervention. Midwives are trained to detect any deviations from the normal and can transfer you to a hospital if needed.

2 MIDWIFE LED UNIT

AKA BIRTH CENTRE/BIRTH UNIT

A midwife led unit can be freestanding or alongside. Freestanding units are located in the community, away from the hospital with an obstetric unit. Alongside units are found within hospitals which also contain obstetric units. Midwifery led units are run by midwives and offer birthing people with low risk pregnancies a more comfortable and homely place to birth. The evidence shows that for low risk clients, midwifery led units are safer to birth in than consultant led units. If additional care is required, you can be easily transferred to the obstetric unit. Find out more [here](#).

3 CONSULTANT LED UNIT

AKA DELIVERY SUITE/LABOUR WARD/OBSTETRIC UNIT

If your pregnancy is more complex or if you and/or baby need additional monitoring or additional analgesia (e.g. epidural), then you will be advised to plan your birth in a consultant led unit. Here you will be cared for by a team of both doctors and midwives, and there is extra equipment and also theatres if needed. There are higher rates of interventions in these units, which is why it is not recommended to birth here unless there is a clinical need (or if you would like an epidural). Find out more [here](#).



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DECIDING WHERE'S RIGHT FOR YOU

This section is to help you make a decision that is right for you and your family. There is no right or wrong answer. Ask your midwife where you would be advised to give birth depending on your individual needs/circumstances.

WHAT ARE THE PROS AND CONS OF EACH OPTION?

HOME		MIDWIFERY LED UNIT		CONSULTANT LED UNIT	

WHERE DO YOU THINK YOU WOULD FEEL MOST COMFORTABLE & WHY?
WHAT CAN YOU DO TO MAKE YOUR BIRTH SPACE MORE COMFORTABLE?

WRITE DOWN ANY QUESTIONS YOU MAY NEED TO ASK YOUR MIDWIFE TO HELP YOU MAKE THIS DECISION:

-
-
-
-
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BIRTH & BABY SERVICES

Here at Birth & Baby we are passionate about providing holistic, modern & evidence based antenatal education to fully prepare you for your birth and for the early weeks of parenthood.

Here are the different ways in which you can work with us to prepare for this exciting journey ahead:

GROUP HYPNOBIRTHING+ COURSES

The Group Hypnobirthing + Course covers everything you need to prepare for your birth *and* your baby. Fully comprehensive & holistic, we cover everything from Hypnobirthing, what to expect from labour & birth, the what if's, navigating the NHS system AND bringing in other experts to help you prepare for the postnatal period (including infant feeding, mental health, relationship wellbeing & baby first aid). Plus you get the added benefit of meeting new friends!



PRIVATE 1:1 BIRTH PREPARATION SESSIONS

If a group course isn't for you or you have specific circumstances or needs, 1:1 private sessions with Midwife Meg are for you! Meg will come to your home and go through anything you wish to help you prepare. Each session is bespoke and tailored to suit your needs.

Whether that's Hypnobirthing, planning for a Caesarean birth, expecting twins or just wanting some guidance and information to formulate your birth plan, Meg can help you!

GET IN TOUCH FOR A FREE DISCOVERY CALL!



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YOUR LOCAL NHS SERVICES

As a large county, there are several different options for those living in Hertfordshire. Following are 5 of the NHS services in and surrounding Hertfordshire you can choose from. Please do your own research, visit their websites (click on the name for link), read their CQC reports and follow their dedicated Maternity Voices Partnership to help you make your decision.

LISTER HOSPITAL, STEVENAGE



Lister Hospital is part of the East & North Hertfordshire NHS Trust. For higher risk births, there is a Consultant Led Unit with 9 rooms (1 with a birthing pool). For those with a low risk pregnancy, there is an Alongside Midwifery Led Unit with 7 rooms (4 complete with a birthing pool). You can tour the unit virtually on their website.

PRINCESS ALEXANDRA HOSPITAL, HARLOW

Princess Alexandra Maternity Unit offers a Labour Ward with 9 rooms, 1 of which containing a birthing pool, for people with higher risk pregnancy. For those with a low risk pregnancy, their Alongside Birth Centre has 3 birthing rooms with pools, alongside 6 postnatal beds.

You can watch video tours on their website.



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YOUR LOCAL NHS SERVICES

ROSIE HOSPITAL, CAMBRIDGE



The Rosie has a Delivery Unit for higher risk births, which has 15 rooms (1 with a birthing pool). See the video tour [here](#). For low risk clients, they offer their Alongside Rosie Birth Centre, which has 10 birth suites with pools. You can explore the unit [here](#).

BARNET HOSPITAL, GREATER LONDON

At Barnet Hospital, there is the Delivery Suite, which has 13 birth rooms (1 with a birthing pool), for those with a higher risk pregnancy.

For those with low risk pregnancies, they have an Alongside Birth Centre with 5 rooms (3 of which contain a birthing pool).



WATFORD GENERAL HOSPITAL, WATFORD



The Delivery Suite at Watford Hospital has 10 birth rooms for higher risk clients. For lower risk clients there is the Alongside Alexandra Birth Centre, which has 7 birthing rooms (2 with pools). Watch the unit tour [here](#).



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