

# WHERE YOU CAN *give birth* TO YOUR BABY

## Home

### SIMPLE, NATURAL, YOURS

Birth at home offers all home's comforts, and as much privacy and freedom in labor as the birthing parent desires.



### PROS

- Comfortable, relaxed, private setting
- Freedom to birth in any desired position and location
- Individualized care
- Less pressure to labor on a time table or with unwanted interventions
- Continuous attention from your caregiver(s) (no shift changes)
- Almost guaranteed skin-to-skin after baby's born
- More options after birth (ex. delayed cord clamping)
- Requires no travel

### CONS

- In an emergency, access to medical intervention is less speedy
- Recovery at home could be impacted by the distractions of home (ex. other children)
- Insurance may not cover the costs (though least expensive)
- Often less of an option for high-risk pregnancies (ex. VBAC, twins)
- Most OB-GYNs will not attend, if preferred

## Birth Center

### LIKE HOME AWAY FROM HOME

Birth centers, whether free-standing or inside a hospital, create a warm, home-like atmosphere and provide consistent individualized care from a team of healthcare professionals.



### PROS

- Warm, home-like, private rooms
- More options available for birthing positions
- Individualized care
- Speedy hospital transfers in emergencies
- Low rates of intervention (ex. drugs, induction, episiotomies, c-sections)
- Almost guaranteed skin-to-skin after baby's born
- Labor with midwives with access to OB-GYN consultation

### CONS

- Limited access; there are few across the country
- Requires travel to and from
- Insurance may not cover the costs
- Often less of an option for high-risk pregnancies (ex. VBAC, twins)

## Hospital

### MOST MEDICAL ACCESS

Hospitals provide fast access to medical interventions, NICUs for emergency care after birth, and costs are usually covered by insurance.



### PROS

- Immediate access to medical intervention
- NICU is available if needed
- Longer/over-night stay after baby's birth offered
- Insurance typically covers the majority of the costs (though most expensive)
- Equipped to accommodate most birth plans (natural to high intervention)
- May be able to labor with a midwife, if preferred

### CONS

- Least home-like and private rooms
- Parent's freedom of choice varies depending on the care provider on duty
- Shift changes may cause multiple changes in your care provider(s)
- Staff may be less familiar with natural birth
- Non-individualized care
- Requires travel
- High risk of unwanted, and at times unnecessary interventions, especially for low-risk pregnancies

Information in this infographic comes from:

*A Comparison of Birthing Settings: Home, Hospital and Birthing Center Births* ([www.keeperofthehome.org](http://www.keeperofthehome.org)); *In-Hospital vs. Out-of-Hospital* ([www.betterbirth.com](http://www.betterbirth.com)); *Birth Center* ([www.americanpregnancy.org](http://www.americanpregnancy.org)); *Delivering at a Birth Center* ([www.whattoexpect.com](http://www.whattoexpect.com)); *The Pros and Cons of Home Birth vs. Hospital Birth* ([www.healthline.com](http://www.healthline.com))