



Helping you to give your baby a healthy start

Waterbirth

Since the 1970s, more and more women have chosen a waterbirth to bring their baby into the big wide world.

The main advantage of being immersed in warm water is that it has a relaxing effect on your muscles. This helps relieve pain and ease tension throughout your body and can reduce your chance of having to use pain relieving drugs.

You will need to be immersed up to the level of your nipples with your abdomen under the water, which needs to be kept at constant body temperature. One advantage of a waterbirth is the support of the water, it gives you the freedom to experiment with different positions and if you choose to deliver your baby in the pool, there's also less risk of tearing because your tissues will be soft and able to stretch more.

If you're using a birthing pool in hospital or at home, a midwife will regularly check the baby's heartbeat using a hand-held Doppler.

On the other hand, some women find that the water doesn't give as much pain relief as they were expecting and they need medication to help them cope. This can mean a change of plans, which can be disappointing and unsettling. And if a problem comes up, it can take a little while to get out of the pool, delaying any extra attention you might need.

If you are considering having a waterbirth and have any questions or concerns, get in touch with our experienced mums and midwives on **08457 623 628** between 8am and 8pm, Monday to Friday. You can also reach them via Live Chat for a one-to-one online conversation between 9am and 5pm, Monday to Friday.