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Whilst my partner and I are not planning to have more children, I am often consulted by friends and family who are, particularly those who have had negative experiences in the hospital system and want another option.

I recently supported my sister at a hospital birth. She was anxious throughout the birth. The transition to hospital slowed everything down for her and she became preoccupied with when she was going to have the next internal examination, what the machines were saying, being embarrassed by her bowel movements all the things that don't concern you when you are safe at home with people you trust. The midwife that attended her birth did not actively support her or us as the support team and was not someone she trusted. She suffered severe tearing and has since been told she will not be able to birth naturally. I am so angry with the hospital system that let her down and did not allow her to have the empowering birthing experience that I had at home with a trusted independent midwife.

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