

Hello,

My name is Nicole Serafin & my husband, Dr Michael Serafin & i decided to have our daughter Sumha, whom is now 18 months old at home.

My husband & i looked into all the options available to us before choosing to have Sumha at home.

Living on the north coast there are not alot of options when it comes to hospitals & Doctors & distance needs to be taken into consideration, as it does in most country areas.

We had first decided to go with the birthing center at Lindendale, where my check ups & anti natal classes were taken. All done extremely well & with the utmost professionalism & thoroughness. I found the birthing center a great option for those that do not feel completely confidant & comfortable with having their child at home, but still want the feeling of being in a home environment with family support, & do not feel to give birth in a hospital.

We then decided to have Sumha at home & found a wonderful midwife, Suzanna, also a midwife at Mullumbimby hospital, to support us all during the birth. My last few check ups were done at home with my 37 week check up being done by Dr Steele to make sure all was still in place for the birth. Dr Steele was also still on standby.

We had booked into Lismore base hospital at the beginning of the pregnancy, just incase a hospital may have been needed & we had an obstetrician, Dr Steele also on hand just incase he was needed for the delivery.

I had 3 check ups done by Dr Steele & my pregnancy was a wonderful experience, as was the birth.

My birth was just over 2 hours long & Sumha was a beautiful healthy baby girl, it was the most amazing experience that both my husband & i could share in our home. We had the support of our wonderful midwife, Suzanne, friends & family. We spent the next 3 days together at home with lots of support & visits from our midwife Suzanne who was available for us to call anytime of day or night that we needed, & of course our friends & family were there if we needed them.

Having all the choices available to me to be able to choose what felt right for myself, my husband & most importantly my daughter i feel that this helped to take out the worry & fear that society is these days placing around birthing. No matter where you may choose to deliver your baby it should be your choice.

Birthing has been happening for centuries, & yes it is often done without the care of the child being the most important thing. However is it not fair to put into place as many safe & supportive options as possible so that both the mother & child are what matters & that at the end of the day it is kept & experienced as the wonderful loving experience that it truly is.

We hear & see all the extra pressure that the hospitals, Doctors & nursing staff are under, do you not feel that by allowing women to have their children at home in a safe & natural environment with the adequate care that can be offered & that they need, will then help to alleviate some of the pressure from our hospital systems.

Giving birth does not have to be a clinical condition or an illness, it is a natural process that women have been doing for centuries.

Allow us as women to be able to feel what is truly needed & allow the support & care to be there to support us through this amazing journey. Let us take it back to what it truly is.

Kind Regards,  
Nicole Serafin