**One To One Care In Labour**

If you have your baby at home or in a birth centre, you are more likely to have care from a midwife you know and to have a midwife stay with you throughout labour. One to one constant support throughout labour has been found to have a positive effect on the outcome of labour, including fewer instrumental deliveries, fewer caesareans and slightly shorter labours. Midwives caring for women at home or in a birth centre will have the support of a second midwife for the birth and immediate postnatal period.

“Excellent labour due to the privacy of the birthing rooms. Also my own midwife was there which made me feel relaxed, confident and happy as she was aware of any problems and fears.”

“It was wonderful having my midwife from the Birth Centre with me throughout my labour and birth.”

**Postnatal Care**

If you have your baby in a consultant-led unit, you can transfer to any birth centre for postnatal care prior to going home. This may just be for additional rest or for support with breastfeeding. The birth centres also provide postnatal support groups for new mothers and babies.

“I had 3 days in the birth centre as part of my postnatal care. This gave me much more confidence and knowledge and enabled me to cope better once I went home with my new baby.”

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