

GIVING BIRTH IN EDINBURGH & THE LOTHIANS

FACTSHEET ONE



Congratulations! Having a baby is such an exciting time and it can also raise a whole lot of natural concerns about how to keep your baby safe. One of the best ways to reduce any anxiety is to be prepared and informed, and this factsheet can help with that. If you still have any further questions, do email us at

hello@edinburghbirthandbaby.com

www.edinburghbirthandbaby.com

PLACE OF BIRTH

Home

Is now recognized as a safe place for low risk women* especially in second and subsequent births and is now part of the NICE guidelines based on the birth place study by Oxford University. It is an option all mums can explore. All women are legally allowed to birth in the privacy of their own home and if this is something that feels important to you for whatever reason, do discuss this with your midwife.

Maternity Unit at the Royal Infirmary based in the South East of Edinburgh at Little France.

This is open to all women in the Lothians. There are 13 rooms, 2 of which have birth pools. They have access to balls, mats, CUB (special supportive cushions for Comfortable Upright Birth), peanut balls (helps to rotate the baby), stools, low lighting, aromatherapy, TENS machines (which stimulate your nerves to relieve pain), all pain relief options.

Birth Centre at the Royal Infirmary

This is midwife led care for mums who are assessed as low risk*and is known to be the safest option for first time mums. There are 6 rooms, all with pools, beanbags, balls, peanut balls (helps to rotate the baby), ballet bars, mats, low lighting. Available is aromatherapy, TENS machines, gas and air, opiates and some other pain relief. We are aware that they are slowly creaking the doors open to other mums, including VBACs. If you want to birth there then do discuss this with your care team.

Maternity Unit at St Johns in Livingston

This is open to all women in the Lothians. There are 9 rooms, 3 of which have birth pools. They have access to balls, mats, stools, low lighting, aromatherapy, TENS machines, all pain relief options.

WHO TO TAKE

In NHS Lothian you are allowed to take 2 birth partners with you to the birth – this might be your partner, your mum, a friend or a doula. If you're birthing at home, you can have as many people as you want there but remember, if you transfer to the hospital, then only two are allowed.

In birth, consider who will make you feel strong and calm? If your mum or friend is particularly anxious then maybe you may not benefit having them there. If your partner is anxious and is understandably keen to be there, maybe explore having a doula there who can support both you and your partner and keep the environment calm for you.

Where to get support

Your first point of contact should be your health care team – primarily your community midwife.

We run a **private Facebook group** where you are welcome to ask questions and will receive online support from the whole community.

You can also email us at **hello@edinburghbirthandbaby.com**

One of our members is a facilitator for **Positive Birth Edinburgh** – there is an active Facebook group and three monthly meet ups across the Lothians including a home birth support group.

If you are interested in learning more about Active Birth Preparation, **Kathryn at the The Daisy Foundation** would be happy to chat with you. **kathryn-lawrence@thedaisyfoundation.com**

You can also access one to one birth coaching and doula support from **Tricia Murray.**

hello@triciamurray.co.uk