

## A Decision Tool: Choosing the Right Birthplace for You

It is important to review what matters most to you when choosing your choice of birthplace. Below you will find some common reasons why women may decide to have a home or hospital birth. Review the reasons below and add checkmarks to help you identify what matters most to you. Be sure to discuss your thoughts and concerns with your midwives as they can help answer questions, provide you with more information and they may have recommendations to consider when making your decision.

How much does this reason matter to you?

only a little

matters somewhat

matters a lot

Some reasons you might plan a hospital birth:	
May feel safer and more relaxed in the hospital setting.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Already at the hospital if my midwife is required to consult or transfer my care.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I am hoping to have an epidural in labour for pain management.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
May still have the option to go home within hours after giving birth.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Some reasons you might plan a home birth:	
May feel safer and more relaxed at home in my own environment.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I always have the option to move into the hospital. Midwives are also trained to assess when it is medically necessary to move into the hospital.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
To have the lowest likelihood of receiving medical interventions.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I can enjoy the comforts of my own bed, toilet, shower and food at home.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

**At this time, Birth Centres are not an available option. Midwives of Midwifery Care of Peel and Halton Hills do not hold privileges at the Toronto Birth Center.**

For studies related to safety of home versus hospital birth head to:

[http://www.aom.on.ca/Communications/Reports\\_and\\_Studies/](http://www.aom.on.ca/Communications/Reports_and_Studies/)

(1) Outcomes Associated with Planned Home and Planned Hospital Births in Low-Risk Women Attended by Midwives in Ontario, Canada, 2003–2006: A Retrospective Cohort Study - Birth, September 2009

(2) Outcomes of planned home birth with registered midwife versus planned hospital birth with midwife or physician - Canadian Medical Association Journal, September 2009

Reference: Association of Ontario Midwives. Choice of birthplace handout: March 2014.

This handout has been adapted from: Association of Ontario Midwives. Thinking about VBAC: deciding what's right for me: 2013.