

Sometimes I heard in my head the voices which had told me I couldn't birth, my baby was too big, my body is defective, how dare I pit my arrogant feminine self against the giant birthing industry machinery and birth without any of their technology? Then held in a loving circle, in a warm pool, I birthed my daughter, at home, with joy.

From "Isobel's Birth" – Janet Fraser

## birth trauma support

Our current birthing culture does not support normal physiological birth and yet managed births are potentially devastating for many women.

Routine intervention and a loss of control over our births in the hospital system has left many women violated and traumatised. Many of us have this experience invalidated but to deny our trauma assumes that it is normal for women to be humiliated, terrified and have no control over their birthing experience. Violence against women and babies has been so normalised in our healthcare system that it has been inextricably meshed with the fabric of hospital birth.

We provide private forums devoted to healing from birth trauma in a safe and validating space.

## JOYOUS BIRTH

[www.joyousbirth.info](http://www.joyousbirth.info)

E-mail the national convenor of Joyous Birth, Janet Fraser for more information. [janet@joyousbirth.info](mailto:janet@joyousbirth.info)

Pamphlet provided courtesy of Infinite Eternity Designs and [melissasmith](http://melissasmith.com)

## JOYOUS BIRTH

Australia's Home Birth Network

Providing evidence based information and support to women and families.

[www.joyousbirth.info](http://www.joyousbirth.info)



*Every woman, and every baby, and every family deserve a Joyous Birth!*

## about joyous birth

We offer opportunities for all parents, professionals and community groups to gather, exchange information and offer support. Those seeking information or considering all their birthing options are welcome to join, explore and ask questions.

A wide range of topics we cover include but are not limited to:

- Choosing and finding a private midwife, birth attendant or doula
- Birthing after previous Caesarean
- Latest studies & statistics on birth
- Information on ALL birthing options
- Women talk on pregnancy, birth & gentle parenting

## joyous birth in your area

There are several branches of Joyous Birth located around Australia. Contact us to find the nearest Joyous Birth group, or for information on how to start up your own local group in your area.

Groups meet to discuss local birthing options and are a great venue for women to share their experiences with other women. Women are supported through processing their previous births as well as preparing for upcoming ones. Some JB branches have their own library and other materials for borrowing.

For birth to proceed optimally, [the middle brain] must take precedence over the neocortex, or rational brain. This shift can be helped by an atmosphere of quiet and privacy with, for example, dim lighting and little conversation, and no expectation of rationality from the labouring woman. Under such conditions a woman intuitively will choose the movements, sounds, breathing, and positions that will birth her baby most easily. This is her genetic and hormonal blueprint.

All of these systems are adversely affected by current birth practices. Hospital environments and routines are not generally conducive to the shift in consciousness that giving birth naturally requires. A woman's hormonal physiology is further disturbed by practices such as induction, the use of pain killers and epidurals, caesarean surgery, and separation of mother and baby after birth.

"Undisturbed Birth: Mother Nature's hormonal blueprint for safety, ease and ecstasy" Dr Sarah Buckley's "Gentle Birth, Gentle Mothering: The wisdom and science of gentle choices in pregnancy, birth, and parenting." One Moon Press, 2005.

## current home birth data

Current research on home birth shows that home birth is superior to hospital birth with substantially lower medical intervention.

'Home superior to hospital birth' British Medical Journal 2005; 330: 1416-22.

[www.joyousbirth.info](http://www.joyousbirth.info)

## why home birth?

Women who choose homebirth come from a variety of backgrounds and experiences. We choose our homes as the place to welcome our babies for many reasons.

Some of them are:

**Safety** - high intervention rates in hospitals and birth centres have made birth potentially dangerous and traumatic for women and babies.

**Midwifery model of care** - we choose a model of care which asserts pregnancy and birth are normal physiological states not medical emergencies.

**Experience** - we choose to have the most personal, intimate moments of our lives take place in our homes where our children are conceived and surrounded by people we know, trust and love.

**Knowledge** - we choose to be active and proactive in how we labour and birth and learn as much as we can. We take the power of knowledge with us into birth instead of giving others responsibility for our care, choices and outcomes.

**Birth after caesarean** - Birthing potential is not diminished by previous caesareans, and women birth beautifully at home, even after several surgeries.

**Memory** - we want our memories of birth to be of hard work with passion and accomplishment.

