



Guided By You  
Midwifery

# Questions to Ask When Planning a Home Birth

**Planning a home birth can feel exciting but it is normal to have questions.**

## Questions to think about

- Who will support me during labour?
- What pain relief options are available at home?
- What equipment will I need?
- What happens if I need a transfer to hospital?
- How can I prepare my home for birth?
- What would help me feel calm and safe?
- What support will I have after the birth?

Home birth can be a calm, positive and empowering experience with the right preparation and support.

**If you are planning a home birth and would like some additional support, please get in touch. I can offer calm, personalised care to help you feel informed, reassured and confident in your choices.**

[www.guidedbyyoumidwifery.com](http://www.guidedbyyoumidwifery.com)

[emma@guidedbyyoumidwifery.com](mailto:emma@guidedbyyoumidwifery.com)

Call or WhatsApp Emma: 07395 509701



