

# 35TH ANNUAL HOMEBIRTH AUSTRALIA CONFERENCE



DAY 2

Sunday 19th November 2023



## HAYLEY WILSON

*'Birth Education - does it belong in home birth?'*

Birth education can be linked to improving outcomes, but this data is predominantly related to hospital births. There are also many reasons other than improving outcomes that women choose to invest time and money in getting better educated about birth. But does it really make a difference?

And what about women birthing at home, in an environment that is largely undisturbed and held sacred by a carefully selected group of attendants – do they really need to learn about and understand birth physiology and how birth works for birth to work?

The cultural assumption is often that the most educated, informed women are the ones who are most prepared. But if women can birth at home, undisturbed, without understanding birth physiology, IS education important?

Furthermore, it is often deemed the responsibility of the birthing woman to get educated. But what about the freebirthing woman? Often labelled radical, women who choose to birth unassisted frequently reveal how little research and learning they felt called to do in their pregnancy as they prepare for their unassisted birth, often embracing other, more spiritual practices to ensure they feel they're in the optimum state to give birth.

My presentation will investigate whether education IS a valuable inclusion in a woman's journey towards a planned home birth. It will outline experienced and perceived benefits and limitations of birth education across various birthing environments, models of care and individual experiences. It will then delve into what a new paradigm alternative – birth preparation – can look and feel like.

Finally, my presentation will share how birthing women, midwives and other birth workers can further explore birth preparation using energy work to enrich their lives and careers.

Hayley's presentation will take place at 2:00pm on Sunday the 19th of November