

35TH ANNUAL HOMEBIRTH AUSTRALIA CONFERENCE



DAY 2

Sunday 19th November 2023



NATALIE REES

'Freebirth - Taking Radical Responsibility'

Freebirth is on the rise and every year more women are choosing to take radical responsibility for their pregnancies and birth. Women are taking back their power and giving birth intuitively, easily and without medical care in their homes.

Meanwhile in the media (and also sadly often in mainstream homebirth circles) this choice is vilified and rife with many misconceptions. We hear from the medical professionals who deem it dangerous and irresponsible. The academics who say the system needs to change so we can ultimately capture these women back into the system. We even hear from homebirth advocates who suggest the sole reason women are free birthing is lack of options to have the care of a midwife. Yet we very rarely hear from the women themselves.

Through the lens of the women I have interviewed I hope to give the audience insights into the reasons why women choose to freebirth, their experiences, the highs, the lows and how it impacts their mothering. In a recent poll 92% of free birthing women said they chose to freebirth because it intuitively felt right and only 8% said it was because they couldn't afford a midwife.

I want to give midwives and birth workers alike some things to think about and help them question if they are serving women in their integrity. My hope is that my presentation gives voice to the free birthing women of Australia and helps give birth workers ideas on how best to support them.

Natalie's presentation will take place at 10:00am on Sunday the 19th of November