

Thank you for your enquiry about birthing options, hope that this document will answer some of your questions, should you have any extra questions or concerns, please don't hesitate to ask and hope that I will be able to walk this amazing journey with you!

Firstly little bit about me – I am Hannelie Roodt, a registered nurse and midwife within and out hospital for the last 24 years. I started doing homebirths 13 years ago and will not by choice do it any other way. I have 4 kids and had 2 homebirths myself (1st 2 kids I was in hospital and didn't even know you can give birth at home:)

The first time I saw a baby being born I immediately fell in love being a midwife. It wasn't exactly a walk in the park working as a student midwife and I didn't always agreed with the way women were treated by some midwives and doctors. I longed to see women being treated with dignity and respect.

I love being a homebirth midwife because every birth is unique. It is not a job it is a calling a passion and part of my lifestyle. I love it and I love people. I love the calmness and excitement. I have the privilege to uplift women and being the instrument in God's hands glorifying His miracle, seeing and feeling love in action exactly how it is described in God's Word.

The moms glowing face, the happiness and yes sometimes tears.

Being a midwife to me is to hold the most sacred feelings and emotions in my hands - holding it with gentleness, protecting it at all times to ensure that it stays intact and safe, for no one to disrupt until the time is right.

FAQ

WHERE DO WE START AND HOW DOES IT WORK TO DELIVER WITH NEOBIES?

1. You will receive this information pamphlet that you reading and the pricelist when making your enquiry.
2. Make an appointment to meet me in person and get chance to ask me any other questions that I did not answer in this pamphlet or to clear up anything that isn't clear to you if you still not sure if you want to book – this visit is free of charge.
3. As soon as you make your decision then you will book an appointment for an assessment visit which also include a scan to do a basic assessment of dates and baby's growth measurements this visit is always the longest and take about an hour and sometimes a bit over.
4. After your 1st visit you will have check ups that is recommended by WHO to ensure the safety of you and your baby – to screen for any complications especially pre-eclampsia which doesn't always have symptoms until it is in a danger phase. Check ups will be done once a month up to 30 weeks, 2 weekly until 36 weeks and weekly until baby is born.
5. When you go into labour you call me day or night and I will then come to you to assess, monitor and deliver your baby.

WHERE WILL I GIVE BIRTH?

1. In your own home
2. In a home of someone you know like a family member (that obviously will allow that)
3. Birth Home in Berea which is like a bed and breakfast option and you will have the option to stay for 3 days @ cost of R4000 and should you want to stay longer @ R500 per day extra. Breakfast served will be self serving options like cereal, rusks, yogurt coffee and tea which will be discussed when you book. A full kitchen is available to prepare food.

DO I NEED A BACK-UP?

YES! Any labour and birth is different and I can't predict complications.

Private hospital as your back-up

You will need to see an obstetrician/gyne at your 20th week of pregnancy and again at 36 weeks to keep that contact should an emergency occur. You will also have to notify your doctor that you are booking for a homebirth with me.

You will have to complete all pre-admission documents at the private hospital which only means that should you be transferred they will already have all your information which makes it easier and smoother process should you need to be admitted.

Frere Hospital as back-up:

You will need to visit a municipal clinic at least once during your pregnancy – preferably before you come and see me. You do not have to tell them you plan a homebirth, because the clinic staff will not be involved with your labour. You will receive a Frere folder which you will carry with you also when you come for check ups at NEOBIES. I will complete all observations in that folder at every visit.

WHAT HAPPENS IN CASE OF AN EMERGENCY?

(complication rate is very low in homebirths)

You and your baby will be monitored well for any possible complication, as a midwife I believe that birth is a normal bodily function and will not do any intervention that is not needed. Should any complications occur eg bleeding or a baby's heartrate that shows signs of distress, I carry needed emergency equipment and medication with me to stabilize on transfer.

The Hospital which you chose as your back-up will be contacted immediately a complication occur to let them know we are on our way to give them chance to prepare and in case of a private doctor to travel to the hospital themselves.

You can have an ambulance of choice or sometimes it is much quicker to travel by private car.