



Position statement

Home birth

NCT believes all women should have access to a home birth and up-to-date evidence-based information that addresses their questions, so they can make the right choice for them.

Labour tends to progress well at home, where the mother may feel more relaxed, have greater privacy and is free to move around and do whatever she wishes. She is also more likely to have one-to-one care from a midwife she knows and who has provided her with antenatal care. All these factors seem to help labour develop normally and help to reduce the need for medical intervention.

Home birth is a mainstream option that should be a regular choice for pregnant women using the NHS throughout the UK. For a healthy woman with a straightforward, low-risk pregnancy, home birth is a safe option. It's important that midwives providing care for women at home have experience in home birth, receive active support and supervision, and that their training needs are met. Women's individual needs must be assessed and the back up of a modern hospital system, with good communication and transport links, are important, should transfer be needed.

Background information to this position statement

NCT has published a review of evidence on the safety of planned home birth. Contact the NCT library on 0870 770 3236 for further details.

NCT is here to support parents. We don't tell them what to do or think - through our classes, branches and helplines, our volunteers and qualified staff give parents accurate impartial information so that they can decide what is best for their family. Through us, they can join a support network of other parents nearby, which can be a lifeline in the early years.

We are the UK's largest parenting charity and, being independent, we have an influential voice in campaigning and lobbying on the issues that parents care about.

For more information visit
www.nct.org.uk

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