

## **Goshen Birth Center: A Natural Birthing Alternative**

**Goshen Birth Center is a comfortable house** with four birthing suites for low risk women who want to have a, family-centered natural birth and the care of midwives.

**We believe that birth is a natural process** that works best when women trust their bodies and are supported to give birth instinctively in safe, private surroundings without unnecessary medical interventions.

### **We offer powerful, natural options to support labor and relieve pain.**

- Continuous attendance by women trained in midwifery and labor support
- A quiet, pleasant environment with the woman's choice of labor companions
- Private space for each woman to create her own comfortable "birthing nest"
- The opportunity to give birth without medications and medical interventions
- Nourishment during labor as desired
- The woman's choice of comfortable positions for labor and birth
- Waterbirth

### **After the baby is born, we offer care that promotes optimal bonding.**

- No separation of the newborn from the parents
- Evaluation and care of the newborn done at the mother's bedside or in her arms
- Breastfeeding immediately after birth and frequently in the baby's first hours
- A special postpartum herbal bath for the mother and baby
- Discharge from the birth center 4 to 6 hours after birth, allowing the family to begin settling into the comfort of their own home
- Home visits in 12 to 24 hours and 3 to 5 days

**Birth center care is safe** because midwives are trained to recognize and manage complications, and the birth center is equipped for handling problems until the mother or baby can be transported to the hospital. The Fairhaven obstetrician-gynecologists are continuously available to consult with the midwives when needed.

### **Natural birth is a good and safe choice for many women.**

*"Spontaneous labor in a normal woman is an event marked by a number of processes so complicated and so perfectly attuned to each other that any interference will only detract from the optimal character. The only thing required from bystanders is that they show respect for this awe-inspiring process."* Dutch obstetrician, G. Kloosterman.

*"There is a power that comes to women when they give birth. They don't ask for it. It simply invades them. Accumulates like clouds on the horizon and passes through, carrying a child with it. Dependent on the genius of our bodies, we grow [our babies] in our womb. If and when we defer to that same genius during birth, if and when we invite and cultivate its power, we find that women can give birth 85 to 90 percent of the time without complication and without unreasonable bravery."* Penny Armstrong, CNM homebirth midwife to Amish women in Pennsylvania