
For more information visit:

- **Tommy's**
www.tommys.org/pregnancy/symptom-checker/baby-fetal-movements
- **The Royal College of Obstetrics & Gynaecology**
www.rcog.org.uk/en/patients/patient-leaflets/your-babys-movements-inpregnancy/

Choosing place of birth

This is a decision you will make following discussion with your midwife or doctor at around 34 - 36 weeks of pregnancy, but its helpful to start thinking about your preferences before this time. Most women have the option of three places to give birth to their baby:

At home - in the comfort of your own home with the support of two midwives and whoever you chose to have with you. You can hire a birthing pool and use techniques such as massage and hypnobirth. Your midwife can provide gas & air (entonox) if you want it.

In a midwifery-led unit/birth centre (MLU) - this is a ward within the hospital, although some MLU's are 'freestanding' and not located near to the hospital. It's a homely and calm environment that supports normal birth with minimal intervention. Midwives and chosen birth partners are on hand to support you. You will have the choice of a birthing pool, gas & air (entonox), aromatherapy and opiate based pain management, depending on your maternity unit of choice.

In a labour ward/obstetric unit - a ward in a hospital where your care will be provided by a team of doctors and midwives. Normal birth with minimal intervention is always the goal, if it is safe to do so. Access to more specialised medical facilities and equipment is available for those women who need it.

Each maternity unit in Suffolk and North East Essex offers all three options, however if you are planning a homebirth, you will need to be booked with your closest maternity unit.

You can change your mind about where to have your baby at any point. If you choose to have your baby at home or in an MLU, some events or complications before or during labour may mean transfer to the labour ward is advised.