

The following article mentions some noteworthy celebrities who opted for traditional and trendy birthing options. Choose one birth option and identify the pros and cons of this selection. Think about it... Is it safe? Risky? A Fad? Affordable? Complete the attached assignment.

Celebrity Birthing Trends

by Lucinda Loveless



Ever wonder how your birthing choices compare to those made by celebrities?

We know that celebrities are people just like you and I, but they do have better access to certain opportunities. Birthing options are no exception.

While most Americans are having babies in sterile hospital rooms, celebrities have been seen researching their options and exploring ways to make pregnancy and [birth](#) less painful.

Their methods are even affordable for us "common folk"! Which method are you planning to use?

Home Birth

Would you like to birth naturally with your choice of attendants in a comfortable, familiar setting. Move your birthing experience to the home front.

Demi Moore, Cindy Crawford, Pamela Anderson and Meryl Streep gave birth at home. Between 2004 and 2009, home births increased 29%. If Hollywood's influence isn't enough motivation, price might be. The cost of a [home birth](#) with a licensed midwife is usually about half the total cost of a vaginal hospital birth. [Editor's note: Will your insurance cover home birth? The out-of-pocket cost after insurance payments makes hospital birth more affordable for most women.]

Water Birth

Brazilian supermodel Gisele Bundchen is one of a growing number of women embracing water birth, said to be a gentler way to bring a baby into the world. "Nature's epidural," warm water, can ease the discomfort of labor by helping a woman relax while the birthing tub counters the effect of gravity on her contracting muscles. In 1995 only three hospitals in the country offered water-assisted labor. Now it's offered in 15% of all U.S. hospitals.

Other celebrity moms who've chosen water births include Ricki Lake, Jennifer Connelly and Mayim Bialik.

Hospital Births

Would you prefer birthing with full medical services at hand? Personalize your experience with your doula in a homey hospital birthing area. Check and see if your hospital allows soothing music, aromatherapy, acupuncture or hypnosis.

Celebrities who've chosen a hospital birth include Halle Berry and Nicole Richie.

Hypnosis for Childbirth

Jessica Alba looked to [hypnosis](#) to create a peaceful, relaxing and more comfortable pregnancy and an easier, much more comfortable birthing when she welcomed her second baby.

Angelina Jolie and Busy Phillips also chose hypnobirthing.

Silent Birth

The silent-birth is mandatory within Scientology. This doctrine encourages a quiet birthing environment without any sounds from the mother, or even the audible exchange of information among hospital personnel.

Katie Holmes and Kelly Preston opted for a silent birth.

Emergency C-Section

Although unplanned, Tiffani Thiessen and Billie Piper's babies entered the world through an emergency Cesarean birth. Just like you and I, even celebrities have life emergencies.

Elective C-Section

Other celebrities are choosing the opposite approach -- scheduled, elective Cesarean sections. This birthing method is growing in popularity amongst celebrity moms-to-be because it is supposed to obviate some of the abdominal stretching that arises during pregnancy. "Too Posh to

Push" celebrities are said to include Britney Spears, Madonna and Christine Aguilera. Victoria Beckham says all her c-sections were under doctor's order.

Vaginal Birth After Cesarean

Kate Winslet's first child was an emergency Cesarean; her second a VBAC. She says that it was an incredible birth. It was really triumphant. Other celebrity VBAC'ers include Kate Hudson and Michelle Duggar.

Which would you prefer? Bringing your new baby right into your home surrounded by friends and family, or the professional help of doctors and nurses?

I would prefer to bring my baby into the world in a hospital with the professional help of nurses and doctors. I feel like it is just a safer option and there are the resources right there that you may need in the case of an emergency. There are several monitors in the hospital setting that can keep track of things such as vitals and that will catch problems quicker. I have already had 2 c sections so IF I was to ever have another child I would actually love to have a VBAC. I wanted to have a natural vaginal birth but it didn't work out that way and that's ok. Either way I would not want to do it in my home with only a midwife. I am an anxious person and I wouldn't even feel comfortable in that situation because I would be thinking of the "what ifs". So ultimately I want all the professional help I can get.

Name: Rita Thompson

Birth Option: Home birth

Pro	Con
<ul style="list-style-type: none">• Less costly• Mom has more control over the birthing process• The mother is giving birth in a familiar setting• Mother can explore different birthing positions• There will be less pressure to use meds if the mother doesn't want them• Calmer environment• Can have more family and friends if she wishes• Can have more skin to skin time after birth of baby• Mom can eat and drink as she pleases• Mom can bathe as she pleases	<ul style="list-style-type: none">• No extra staff in case of an emergency• Not the safest option• Can get messy• The rate of infant death is twice as high for home births• Will take a longer time to get help in the case of an emergency• May not be an option if you have a complicated pregnancy• You may still get transferred to a hospital if needed• Higher risk of neuro problems for baby

From your research, would you recommend this birthing style? Why?

From my research I would not recommend this birthing style depending on the situation. It could be safe if it wasn't moms first baby or if she wasn't having multiples or if she has a healthy pregnancy but I still wouldn't suggest it because of the potential complications with the baby. The baby has a higher risk of having seizures and/ or neurological problems. And also I read that about 37% of home births end up getting transferred to the hospital anyway and I think that would be kind of emotional for mom if she had her mind set on having a home birth and she ends up in the hospital anyway due to complications. I also don't like the fact that if there is an emergency there is not extra hands on deck to deal with the issue. The midwife would have to figure it out or take time to get you transferred to the hospital if help was needed and I feel like those minutes matter. For example when I was in labor, my daughter had the umbilical cord wrapped around her neck and she wouldn't come down so I had an emergency c section. I couldn't imagine having to wait to get to the hospital to get help knowing the severity of the situation. Its just not the most safe or sterile option so I personally would not recommend it even though it can be a beautiful thing.