

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?

Name: Emily Rudis

Birth Option: Hospital Birth

<b>Pro</b>	<b>Con</b>
Full medical services	Stress
Pain control – Epidural	Fewer birthing positions
Access to NICU	Fewer support people
Staff support	May not be able to choose delivery practitioner
Availability of necessary interventions	Transition from labor room to recovery room
Fetal monitors	Limited number of family members allowed
OR access w/i minutes for emergent C-section	Can be more expensive than alternate options if you don't have insurance coverage
Most insurances provide coverage	Food/fluid intake limited
Can use midwife/doula	High C-section rate
On-site lactation help & formula supplied for hospital stay	May not have capacity to offer water birth
	Pitocin is viewed by some as rushing the body's natural process
	Minimal privacy

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

Yes, I would recommend hospital birth. From purely a safety perspective this is clearly the best option as any emergent needs can be fulfilled in a hospital setting. When comparing this to a home birth or birthing center, those places may not be able to intervene appropriately in an emergency. They often do not have on-site operating rooms, or access to specialized staff. Although hospital births can cost almost twice as much as a homebirth or birthing center, most insurances will cover the majority of the cost, where most of them will not cover a delivery outside of the hospital setting. If health insurance is not an issue, a hospital birth can end up costing the parent much less after coverage. For the most part, hospital birthing staff will do everything they can to stick to a mother's original birth plan. However, if the plan must change, the hospital is a great environment to be in when additional intervention is needed.