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 is 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: _____

Birthing Option: Home birth

Pro	Con
Half the cost of hospital births	Higher risk of infant death
You have more control over birth experience	Insurance my not cover any additional cost
Familiar setting	Can be messy
Can avoid any unnecessary medical interventions or medications	May still need to be transferred to the hospital if there is an emergency
More unlimited skin to skin after birth	If high risk pregnancy, home births are not safe or recommended at all
Can use things to make you more comfortable, blankets, candles aromatherapy	Do not have all the available resources the hospitals have, doctors, medications, supplies etc.
Higher rate for delivering vaginally	Epidurals are not offered at home births, possibly making home births more painful
Free to move around, eat, shower, change positions freely.	

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

I would honestly do not think I would recommend this birthing style. I do think that it would be nice to have the comfort of your own home, but I think that there are too many risks here. If something was to go wrong (and with birth you can just never know) then you will be risking time to get help for yourself or your baby. I think that it is safer and would put myself more at ease being at the hospital where you can get immediate help if needed. I do see some of the cons for home birth, but this is a situation where I feel as though the cons outweigh the pros.