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Birthing Option: Water Births

Pro	Con
Eases the intensity of labor pains.	May increase risk of infection for mom or baby!
Reduces need for medications or other interventions.	Difficulty clearing newborn airway. (especially if meconium inhaled)
Lessens severity of tearing.	Risk for drowning
Shorter duration of labor is possible.	Lack of resources in case of an emergency.
More freedom of birthing positions.	Excessive vaginal bleeding is a big risk!

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

Following my research on the pros and cons, but also the larger risks and benefits, in my personal opinion, I would not recommend having a water birth. It seems that the risks outweigh the benefits. Especially the higher risk for infection, risk for maternal hemorrhage and lack of resources in an emergency (even in the case where the pregnancy is not high risk). Although the pro's or benefits of water births sound intriguing, there are other safe settings that can provide interventions to make the "pro's" possible. If someone was very passionate about this choice and had many resources available for safety, I'm sure it would be great for them, but I would recommend a hospital or birthing center where resources and medical professionals are readily available!