

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?

**Birth Option:** Water birth

<b>Pro</b>	<b>Con</b>
<ul style="list-style-type: none"><li>○ Eases labor pain</li><li>○ May reduce need for meds</li><li>○ Reduce tearing</li><li>○ May shorten labor</li><li>○ Relaxing</li><li>○ Helps ease repositioning</li><li>○</li></ul>	<ul style="list-style-type: none"><li>○ May increase r/f infection</li><li>○ Harder to clear newborn airway</li><li>○ r/f drowning</li><li>○ only for low risk</li><li>○ limited research</li></ul>

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

**From my research, I would recommend this birthing style but with parameters. I think if it is a low-risk pregnancy, I would recommend it more because many women go in with a birth plan, and if there was a complication and she had to leave the water and change her plan, this could stress her more. I think this is a great alternative to birthing in a bed because the patient can feel more in control, as well as move around easier because of the buoyancy in the water. There can also be some partner involvement whereas in a bed this would not be possible. The water birth environment can be turned into a very therapeutic, calming environment (candles, music, dimmed lighting, etc) for the mother if allowed, creating a better birthing space for her. I know every birthing style has its risks, but I think this style can be very beneficial if carried out properly and safely.**