

# *The Birth Centre at RPA Women & Babies*

## **Philosophy**

The Birth Centre midwives are committed to treating childbirth as a normal process in low to medium risk women, encouraging and supporting them to have an active natural birth using non-medical forms of pain relief in a home-like setting within the hospital environment.

Above all we believe in the safety of the mother and baby and any changes in a normal pregnancy and/or labour would require transfer within the hospital for closer monitoring.

Information sessions are held each week where interested couples can come along and look at the facilities as well as find out more about the birth centre and its philosophy

“...to create a home-like atmosphere; to give continuity of care before, during and after birth; to promote family bonding at the time of birth; to allow women to share the birth with those of their choosing; to combine careful observation of mother and infant with minimum intervention...”  
(Lumley & Astbury, 1980:154)

# Booking

If you wish to book into the Birth Centre and/or attend an information session to find out more you must contact the Birth Centre directly as early as possible in your pregnancy.

Please call **9515 6405** *between 7-11 am* and speak to our ward clerk who will take your details. A midwife is also available if you have any queries related to your pregnancy

# Care

You can attend the Birth Centre as a public patient with all care provided by the midwives, or you can have shared care with your GP, or you can have your own obstetrician.

Whatever care you choose you must still book into the birth centre as early as possible and you must make the booking yourself. To avoid disappointment when you ring ensure you are speaking to the Birth Centre directly and not another area within the hospital.

# Location

RPA Women & Babies is located down Johns Hopkins Drive behind the Emergency Department and the Birth Centre is prominently located just in side the front door to the right.



# The Layout

There are three rooms in which women can give birth along with two consulting rooms, a lounge and a waiting room.



Each birth room is designed to be as close as possible to a bedroom and each has an ensuite bathroom with a double shower and a large bath. There are also mats, beanbags and birth stools for each room. These provide women with a choice of places and positions in which to give birth



The Birth Centre is run by a team of midwives and it is hoped that during the course of the pregnancy you will meet most of them.