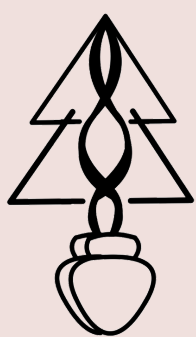


# WHAT IS A WATERBIRTH?



"Where the waters do agree, it is quite wonderful the relief they give."

--Jane Austen

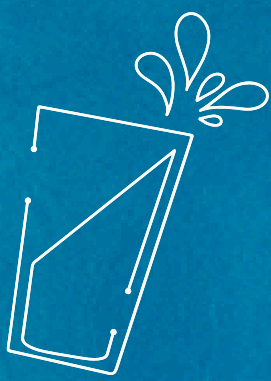
A waterbirth simply put is a birth, but in the water. That's what it sounds like at least! A waterbirth is really much more, some benefits are it can help relive pain, takes weight off of the birth givers body and can even promote a shorter labor!



For low-risk pregnancies



Can help reduce pain during delivery



## 60%

The human body is about 60% water

The warm water in a waterbirth can help to reduce stress and tension in the mother, as well as promote blood circulation and oxygenation of the baby's body.



## Getting Close to Meeting Your Baby?

If you are interested in having a waterbirth contact local midwives for more information!

