

Water Birth



Q: Who can birth in water?

A: Most women

If you have a low risk, uncomplicated pregnancy you can have the option of having a water birth.

Q: Do Daisy Hill Hospital have water birth facility?

A: YES!

We have two birthing pools in our Midwifery Led Unit in Daisy Hill.

Q: Is it safe?

A: YES!

Multiple studies have found that giving birth in water is both safe and beneficial to mother and baby.

Water birth may reduce potential complications.



Benefits of water birth

- Provides pain relief
- Reduces perineal trauma
- Gentle entrance for baby
- Aids mobilisation for the birth
- Helps labour progress more quickly
- Provides positive birthing experience
- Immediate skin to skin contact with the baby