

YOUR GUIDE TO HOMEBIRTH



@ThreeFiresHomebirth



WHY FAMILIES CHOOSE HOMEBIRTH

FROM THREE FIRES COLLECTIVE

- Comfort of being in your own space
- More freedom in movement, positioning, and decision-making
- Personalized, continuous support from your birth team
- Reduced medical interventions
- A gentle, familiar environment for your baby's first moments

Building Your Homebirth Team



Your team may include:

Midwife – A licensed or certified professional to provide prenatal, birth, and postpartum care.

Doula – Emotional, physical, and informational support throughout labor and beyond.

Partner/Support People – Loved ones who bring encouragement, presence, and care.

Specialists – Chiropractors, pelvic floor therapists, lactation consultants, or postpartum doulas for holistic support.

☞ We help you find, vet, and interview midwives and other providers to ensure you feel fully supported.

Preparing Your Space



Choose the room where you feel most comfortable.

Gather essentials (homebirth kit, clean towels, waterproof sheets, receiving blankets).

Create a calming environment: music, candles, affirmations, or aromatherapy.

Prepare food and drinks for nourishment during labor.



SAFETY & EMERGENCY PLANNING

FROM THREE FIRES COLLECTIVE

Midwives are trained to monitor you and your baby's health throughout pregnancy and labor.

Emergency transfer protocols are always in place if hospital care becomes necessary.

Families should discuss plans for transportation, backup providers, and newborn care.

What to Expect During a Homebirth

Early Labor: Time to rest, eat, and move freely.

Active Labor: Your midwife and doula provide continuous support and monitoring.

Birth: You choose your birth position—bed, birth pool, squatting, kneeling, or standing.

Immediate Postpartum: Skin-to-skin, delayed cord clamping, and newborn checks done right by your side.



Postpartum & Recovery



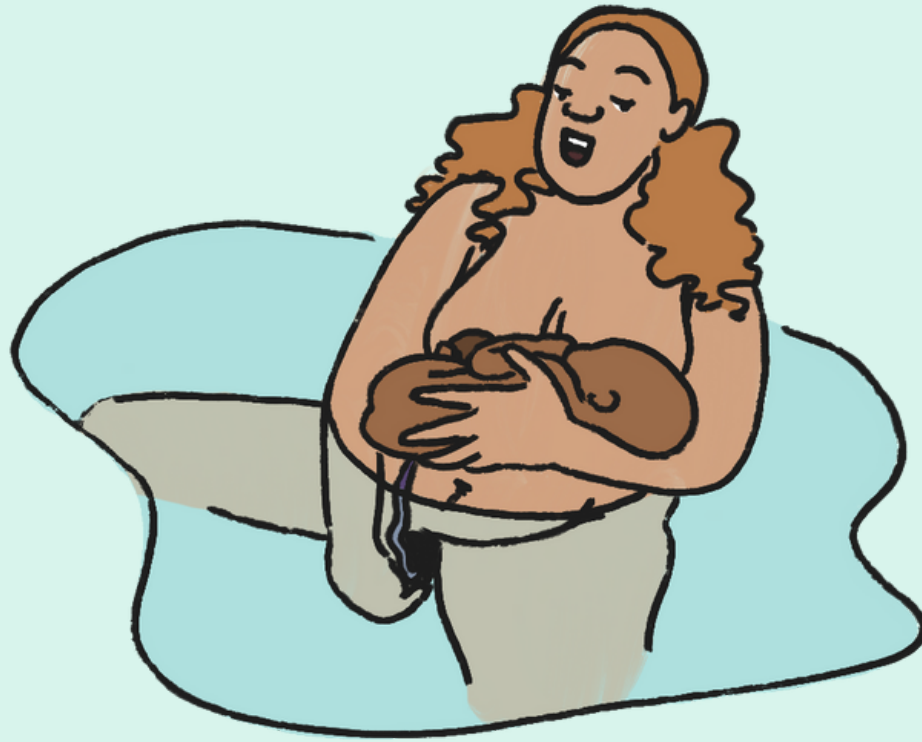
In-home care from your midwife & Doula in the hours after birth.

Support with breastfeeding/chestfeeding, newborn care, and maternal healing.

Referrals for lactation support, mental health, or pelvic floor therapy as needed.

Access to our Homebirth Scholarship Fund for families needing financial support.

Questions to Ask When Planning a Homebirth



What is your midwife's training and experience?

How do you handle complications or emergencies?

What supplies should I prepare for my homebirth?

How many people can I have present?

What postpartum support is included?

RESOURCES

**EVIDENCE-BASED BIRTH® – RESEARCH ON
BIRTH OPTIONS AND SAFETY**

**BLACK COALITION FOR SAFE MOTHERHOOD
(ACTT WORKSHOPS) – ADVOCACY TOOLS FOR
SAFE, RESPECTFUL CARE**

**THREE FIRES HOMEBIRTH COLLECTIVE –
COMMUNITY EDUCATION, SCHOLARSHIPS,
AND FAMILY SUPPORT**

Every birth is unique. Whether you are
planning your first homebirth or
considering it after a previous hospital
birth, know that you have options, support,
and a community behind you.

✨ Your birth, your way. We're here to walk with you
every step of the journey.

@THREEFIRESHOMEBIRTH