



Low Intervention Birth Options

Boone Family Birthplace recognizes each family's unique choices for their labor and delivery experience. Couples are encouraged to develop a personalized birth plan to share with your physician and our nurses.

We support various methods to help you through the birthing process. We welcome doulas, as well as your designated support person and family. We also use holistic methods, at your request, to increase comfort.

We share your desire for a peaceful transition to motherhood. Immediate skin-to-skin contact and breastfeeding after vaginal or C-section deliveries may be encouraged.

Boone Family Birthplace supports low intervention births by offering:

- Nurses who are experts in guiding you through the labor and delivery process
- Birthing balls
- Birthing peanut balls
- Birthing bars
- Hydrotherapy with warm shower
- Relaxing visuals and music in your room on CARE TV
- The ability to move around and walk, with intermittent monitoring and without continuously running IV fluids
- Wireless fetal monitoring

At Boone Family Birthplace, you'll receive personal care from a team of health care experts. Your team includes a specially trained labor nurse, a labor and delivery technician, and your physician. Because we believe delivering a child is a very personal experience, we make sure your team remains small and consistent during your labor.

In the rare event that you or your baby need additional care, you can feel safe knowing that the Boone Family Birthplace is a part of a full-service hospital. If there are complications, everything we might need to treat you and your baby is close at hand, including C-section rooms, interventional radiology, an ICU, and a level-III Neonatal Intensive Care Unit (NICU).