

The Honorable Shane Pendergrass
Chair, House Health and Government Operations Committee
House Office Building, Room 240
6 Bladen Street
Annapolis, MD 21401:

Testimony in Support of HB1032

Dear Chair Pendergrass and Members of the Committee:

There is no comparison to the level of care you receive when choosing to homebirth. I have been fortunate enough to have had two VBACs after one cesarean. My most recent birth, an HBAC (home birth after cesarean) with Charm City Midwives has been the most powerful and supported moment of my life. I was able to birth at home with exquisite care for myself and my newborn baby, during a pandemic. I was able to feel safe and given the most amazing care by my birthing team. I would like entry-level midwives to be able to support VBAC mothers wanting to birth at home.

I had a CNM and a CPM at my birth as well as a midwifery student to help me postpartum. During my labor and delivery, my children were present, my mother and mother-in-law were able to arrive to care for my older children, my best friend/support person/doula was able to be there alongside me and my husband. We also hired a birth photographer!

With the care I received, I would not choose to have a hospital birth unless there was an evidence-based reason that either myself or the baby needed medical care at the time of delivery, or to transfer for an emergency, or for pain relief.

I hope that every VBAC mother can experience a supportive birthing experience as I have. I did not need an induction. I did not have cervical checks while pregnant or during labor. I did not have to use any medication for pain relief during labor. I was able to have support through family at my birth. I was able to have undivided support from my midwives unlike in a hospital setting where there is usually more than one birthing mother.

There is no need for interventions or even hospital births unless there are known medical reasons, and VBAC birth is not one of those. When you choose to birth with midwives at home, you will receive amazing post-natal care in the comfort of your own home, no need to travel to the pediatrician for weight checks or wait until your six-week appointment to discuss post-natal care. I had postnatal care the day of delivery, the day after birth, and one week postpartum, in addition to an office visit at 6 weeks.

This postpartum care was imperative to my postpartum recovery and CCM made the recovery period feel as important as the birth of my child, as it should be. A mother needs to be mothered and cared for, and that is why I chose midwifery care for the birth of my third son and second VBAC.

Jamie Buchanan