

HAWAII BIRTH DOULA

Teresa Robertson
www.HawaiiBirthDoula.com

All photography by Teresa Robertson



Birth Location - Resources & Local Options

HOSPITAL

[Kapi'olani Women's Health](#)

[Queen's Medical Center](#)

[Vera Zilber Birth Center](#)

[Kaiser Birth Center](#)

WATER

[Birth Pool in a Box](#)

HOME / CENTER

[Jacqueline Aurora](#)

[Tanya Smith Johnson](#)

[Hale Kealaula, LLC](#)

*Unfortunately Oahu does not have
a Birth Center at this time.*

WATER BIRTH

A water birth means that you spend some part of your labor, and possibly the birth, in a tub or pool of water. Water births may be available for home births, birthing centers, or even some hospitals.

There are many benefits to combat pain, anxiety, and even perineum tearing when being submerged in water.

Cost & Coverage: Birth pool rental is approx. \$200 though some Midwives may include this with their service.





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HOME BIRTH

Planning a home birth simply means you are anticipating laboring and birthing at home, with little to no medication. Rather than travel to another location, your birth team will come to you. If you plan to give birth at home, you will most likely be working with a Midwife.

There are many reasons why families choose to birth at home. Some feel more comfortable and confident being in their own space, others simply want to birth with as little intervention as possible.

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*I wanted to be
in charge of my
birth - not
directed what
to do.*

A birthing center is a facility staffed by midwives and/or licensed physicians. They provide a home-like setting guided by principles of prevention, sensitivity, safety, appropriate medical intervention, and cost effectiveness.

For some, this is a perfect compromise between a home birth and a hospital birth. You are able to receive more personalized care than a hospital may provide but still be surrounded by medical professionals.

*Cost & Coverage: approx. \$3,000+
Many insurances have some birth coverage*

HOSPITAL BIRTH

Hospital births are typically planned and, depending on the hospital, your experience may vary greatly. You can expect to be cared for by a rotation of nurses and doctors, adhere to certain policies, and may be encouraged to participate in more ‘routine’ procedures. You can still opt to have preferences such as an unmedicated birth, Midwife, or Doula; however, it is important to research and discuss these options with the hospital you choose.

Giving birth in a hospital may be ideal for high risk pregnancies or those who simply wish to include medical intervention, such as an epidural or constant monitoring.

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Many insurances have some birth coverage.*



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