

Where Should I Give Birth?

A quick quiz to help you find the place where you will feel safest.

 Feeling safe helps labor flow. Find the place where you feel safest.

There is no one right place to give birth. The best place is the one where **you** feel safe. This quiz helps you think about what matters most to you. Then discuss your answers with your OB or midwife.

Why feeling safe matters

Oxytocin is a hormone that causes the contractions that help your baby be born. Your body makes more of it when you feel **safe, calm, and private**. When you feel scared or rushed, your body makes stress hormones. These can slow labor down. Feeling safe is different for each person. Some feel safe at home. Some feel safe in a hospital. There is no wrong answer.

The quiz

Read each sentence. Click one number from **1 to 5**. Your totals add up for you.

1 = Not like me at all · **3** = A little like me · **5** = Very much like me

HOSPITAL

HOW TRUE IS THIS FOR ME?	1	2	3	4	5
1 I want an OB to be at my birth.	☐	☐	☐	☐	☐
2 I want as many pain relief choices as I can get, including an epidural.	☐	☐	☐	☐	☐
3 I feel calmer knowing an operating room and a NICU are close by.	☐	☐	☐	☐	☐
My Hospital total					out of 15

BIRTH CENTER

HOW TRUE IS THIS FOR ME?	1	2	3	4	5
4 I want a midwife to be at my birth.	☐	☐	☐	☐	☐
5 I want to skip medical steps I do not need.	☐	☐	☐	☐	☐
6 I want a birth tub, to ease pain or to give birth in the water.	☐	☐	☐	☐	☐
My Birth center total					out of 15

HOME

	HOW TRUE IS THIS FOR ME?	1	2	3	4	5
7	Privacy matters to me in labor, at birth, and in the first weeks after.	☐	☐	☐	☐	☐
8	I trust my body. I feel ready to cope with labor.	☐	☐	☐	☐	☐
9	I do my own research and ask a lot of questions. Having choice and control empowers me.	☐	☐	☐	☐	☐

My **Home** total

out of 15

Your results

Your highest total shows the place that may help you feel safest. If two totals are close, look at both.

My best match

Highest is **Hospital**

Look into a **hospital birth**. Doctors and surgery are close by. Ask: Can I dim the lights? Can I walk and move? Can my support person stay with me the whole time?

Highest is **Birth center**

Look into a **birth center**. Midwives care for you in a room like home. Birth centers are for healthy, low-risk pregnancies. Ask how they would get you to a hospital if needed.

Highest is **Home**

Look into a **planned home birth**. You get privacy and your own space. Ask if you are a good fit, what training your midwife has, and how you would get to a hospital.

Help oxytocin flow, wherever you give birth

- Dim lights and a quiet room
- A support person you trust who stays with you
- Freedom to walk, sway, and change positions
- Few strangers and few interruptions
- Your own pillow, music, or smells you love

Important: This is a conversation starter, not a medical eligibility or safety assessment. Your pregnancy history, previous cesarean birth, local services, and any complications can change which settings are appropriate. Talk with your OB or midwife about your choices.