

# Resources

## QUESTIONS TO CONSIDER:

- What would I like or prefer for my birth?
- Do I have insurance? What kind?
- What is the most important thing for me?
- Who is making this decision with me?
- What does my partner think?
- Who would I like to attend my birth?
- What is the evidence on homebirth, birth centers, and hospitals?

## CHILDBIRTH CONNECTION

Visit for more tools to help you choose a birth setting:

- [What to Ask ... When Visiting a Hospital Maternity Area](#)
- [What to Ask ... When Visiting a Birth Center](#)
- [What to Ask ... A Midwife or Other Care Provider Who May Attend Your Home Birth](#)

## EVIDENCE BASED BIRTH

Visit for evidence based information, podcast, and research about the different birth settings.

- [What is Homebirth?](#)
- [The Evidence for Birth Centers](#)
- [Evidence on Doulas](#)
- [Evidence on Midwives -Podcast](#)

## AMERICAN ASSOCIATION OF BIRTH CENTERS

[What is a Birth Center?](#)

## YUI CLINIC

Yui Clinic online tour

<https://www.youtube.com/watch?v=g2SYHZQpVnk>

Yui Clinic Website

<https://www.yuiclinic.com/en/information/6409/>

## WEBSITES

[www.birthcenters.org](http://www.birthcenters.org)  
[www.childbirthconnection.org](http://www.childbirthconnection.org)  
[www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)  
[www.tricare.mil/selectoverseas](http://www.tricare.mil/selectoverseas)

## BOOKS

Natural Hospital Birth 2nd Edition: The Best of Both Worlds



(Canva, 2022)

## References

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- All images are courtesy of Canva



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For more information

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# birth Settings

Choosing where we will be giving birth is one of the most important decisions we will make during our pregnancy. Therefore, let's explore the different birth settings and options that we might find.



(Canva, 2022)

## Homebirth

### PROS

- Individualize and family-centered care based on your needs and preferences.
- Continuous physical, emotional and educational support.
- Avoids routine and unnecessary interventions.
- Control on how your environment/place looks.
- Care from the same midwife/ midwives.
- Prenatal care visits at your home.
- Tools, equipment, and certain emergency medications are brought to your home.
- Waterbirth if wanted.
- Eating and drinking are encouraged.
- Postpartum and lactation support at your home.
- Tricare Select about 98% reimbursed.
- Through YUI Clinic or Boshimirai Center in Okinawa.

### CONS

- May need to transfer to Birth Center or Hospital.
- Transfer if 42 weeks to YUI Clinic.
- No NICU
- No Inductions
- No pain medications or epidurals
- Tricare Prime 50% reimbursed.
- Active Duty might not receive a reimbursement.
- Pay up front for the military and foreign families.
- How often tests and procedures are done varies.
- Education and experience vary among midwives.
- Interpreter may be required (covered by Tricare)
- Might not support VBACs.

# Birth Centers

### PROS

- Individualize and family-centered care based on your needs/preferences.
- Continuous physical, emotional, and educational support.
- Avoids routine interventions.
- Might receive continuous care from the same group of midwives.
- Certain pain medications are available.
- Certain interventions are available (soft inductions).
- Longer postpartum care (3-7 days).
- Up to 98% Reimbursed Tricare Select.
- 100% Japanese insurance.
- YUI Clinic or Boshimirai
- YUI has an OR in case of emergency cesareans.
- YUI offers gentle and family-centered cesareans.
- YUI OBs and pediatrics assess 24/7
- Medium size facilities.
- May have tubs for your comfort during labor.
- Eating and drinking is encouraged.

### CONS

- May need to transfer to a hospital.
- No epidurals
- No NICU
- Tricare Prime 50% reimbursed.
- Active Duty may not receive a reimbursement.
- Pay at front for military and foreign families.
- May not offer waterbirths
- Boshimirai, YUI clinic, and other centers might vary from each other.
- Interpreter may be required (covered by Tricare).
- Might not support VBACs.



(Canva, 2022)

## Hospital

### PROS

- Provides care for high-risk pregnancies or complications.
- Standardized and routine practices.
- Management of birth.
- Equipped with all tools to diagnose and treat serious complications.
- No need to transfer to another facility.
- Access to interventions such as epidurals, inductions, etc.
- Emergency and anesthesia services are available.
- NICU services are available.
- 100% covered for Tricare at Naval Hospital.
- Up to 98% Reimbursed Tricare Select.
- Care varies from hospital to hospital, especially from Japanese to American.
- Larger facility
- Most common place to give birth.
- May support VBACs.

### CONS

- A healthy pregnancy can potentially receive care as a high-risk or complicated one.
- You may be seen by different providers.
- Certain routine procedures might be suggested (inductions, IVs, no eating and drinking, breaking waters, etc).
- May not provide continuous care or support during birth.
- It may have restrictions on companions.
- Protocol cervical exam to admit you.
- Care varies from provider to provider.
- More routine interventions.
- Care by a physician and maybe a midwife, but not the same/ will not stay your entire birth.