

Description

Review of film: Born at Home – written and produced by Amanda Banks and Eleanor Currie

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I recently attended the Victorian Premier of Born at Home at Federation University, where I am studying for a postgraduate diploma of midwifery. The documentary film was created by Amanda Banks and Eleanor Currie and explores the positive and empowering impact home birth can have for women and their families. The film features interviews with experienced birth workers and follows the stories of several families planning to give birth at home.

The documentary is vital viewing for anyone interested in birth including families having their first or subsequent children, medical practitioners, midwives, student midwives, doulas etc. Many of the women and families featured had negative experiences within the maternity system, and the film beautifully demonstrates the positive and healing outcomes associated with birthing at home. The film promotes homebirth as a real option and highlights how the comfort and familiarity of home and family can facilitate physiological birth. Care by a known midwife is also promoted as an essential element of a life-changing birth experience. This is supported by contemporary evidence on continuity of care.

Reflecting on my own journey, I can understand how a positive birth experience can be both empowering and healing. Pregnancy and birth have always amazed me. When having my own children I felt confident in my body knowing how to birth. The birth was complicated by multiple interventions, resulting in my son being transferred by air to The Royal Children's Hospital. The experience created a complex mix of feelings and emotions, including a sense that my bodyhad failed. In my subsequent pregnancy, I gathered more knowledge about my options through self-education.

I look forward to completing my second year of midwifery studies and qualifying as a midwife. My goal is to inspire and help women find their inner power, trust their bodies and feel safe during birth. I encourage everyone to see the film, and I believe Born at Home will change how people view birth. This film encourages us to keep moving forward in the birthing community and ensure that women are supported to have positive birthing experiences! **TPM**

Read an interview with the film makers, published in August 2024 issue of The Practising Midwife Australia: *here*

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