



HEALTH CONSUMERS'  
COUNCIL  
YOUR VOICE ON HEALTH

# Consumer Survey

## Fiona Stanley Hospital

### Family Birth Centre

4<sup>th</sup> August 2018 Consultation Workshop

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## Introduction

In 2018 Fiona Stanley Hospital had a business case approved to develop a Family Birth Centre within the footprint of their maternity wards, with a planned launch in 2019.

A workshop was convened on 4<sup>th</sup> August 2018, In order for women and their families to identify design principles to guide the fit-out of the new family birthing centre.

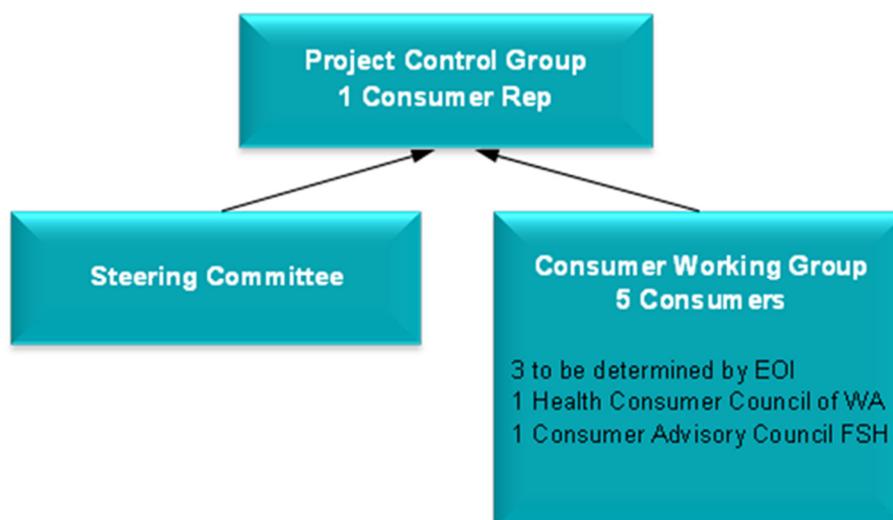
In addition, a consumer survey was developed by the Health Consumers' Council to capture feedback from those who would not be able to attend on the day. The survey was posted on HCC's Facebook page, reached 4,033 people and was shared 33 times. A total of 129 responses were received before the survey was closed on 1<sup>st</sup> August 2018.

The following questions were asked:

1. Are you able to tell us in 2-3 sentences the ideal 'ambiance' of the family birthing centre? Examples include (but are not limited too) ideas such as warmth, inviting, like a family lounge room etc.
2. Now can you describe us how it looks? For example, the colours, the size of the bed, lighting... perhaps you can think about what you had or would want next time.
3. When you think of facilities what are the top five things you want to be able to do in this centre? Examples included but are not limited to; take a shower, be in a birthing pool, move around freely, include other members of your family / space for other children etc.
4. What sort of services or programs would you like to access? For example; pre-natal classes, ante-natal classes, lactation support, child birth education etc.
5. Would you be interested in becoming a consumer representative for FSH? We'd like to be able to feed back the level of community engagement in this process.

Given the large amount of free-text responses, there are summary responses included, using the Word Cloud function of the survey tool. The full responses are also included and this feedback will supplement the results from the Consultation on 4<sup>th</sup> August to inform the implementation.

Those who expressed an interest in staying in touch or getting more involved have been put on the mailing list and informed about the Expression of Interest for the consumer places on the committee.



## Summary Responses

Q1 Are you able to tell us in 2-3 sentences the ideal 'ambiance' of the family birthing center?  
 Examples include (but are not limited too) ideas such as warmth, inviting, like a family lounge room etc.

space soft feel music room environment lighting colours  
**Warm** homely **home** hospital **calm** welcoming  
 family safe **comfortable** inviting relaxed birth

The full responses are included on page 8, and the importance of a warm, homely, relaxed, family-friendly environment was clearly articulated.

Q2 Now can you describe us how it looks? For example, the colours, the size of the bed, lighting... perhaps you can think about what you had or would want next time.

Large etc birth Neutral warm Large bed room dim  
 colours dim lighting lighting birth pool bed  
 windows soft labour Double bed natural light Warm colours  
 bath

The full response are included on page 14. In addition, there were a number of images of birth centres shared on the Facebook page.



which.co.uk  
 Cotswold Birth Centre, Chipping Norton  
 Community Hospital - Which?  
 Chipping Norton Community Hospital



youtube.com  
 Meadow Birth Centre - Violet Suite - 360  
 view - YouTube  
 Meadow Birth Centre - Violet Suite - 360 view



Royal Darwin Birth Centre



[www.health.qld.gov.au](http://www.health.qld.gov.au)

Townsville Hospital Birth Centre - Care in a home-like environment | Queensland Health

The Townsville Birth Centre offers care in a home-like environment where you can give birth in a relaxed and friendly atmosphere. Information on t...



This was shared, location unknown.



This image was included to show the birthing stool. Note also the ropes from the ceiling.

Telstra Wi-Fi Call 11:06 pm 42% babyandcompany.com

baby+co. Instagram Facebook Search Menu

**+ our experience.**  
Take a peek at what it's like inside.



**Birthing Room**

	<b>swedish bars</b> This sturdy structure supports you as you try different positions to open your pelvis and help the baby come down, or to find comfort.
	<b>large bed</b> A queen sized bed help you find comfortable positions during labor and cuddle up with the whole family once

This image was also shared from the Baby& Co company in the US:  
<http://babyandcompany.com/center/cary/>

Q3 When you think of facilities what are the top five things you want to be able to do in this centre ? Examples included but are not limited to; take a shower, be in a birthing pool, move around freely, include other members of your family / space for other children etc



Q3

Export ▾

When you think of facilities what are the top five things you want to be able to do in this centre ? Examples included but are not limited to; take a shower, be in a birthing pool, move around freely, include other members of your family / space for other children etc

Answered: 127 Skipped: 1

RESPONSES (127) **TEXT ANALYSIS** TAGS (0)

Cloud View **List View**

Search responses

Showing 20 words and phrases

shower	<div style="width: 68.50%;"></div>	68.50%	87
Birthing pool	<div style="width: 55.91%;"></div>	55.91%	71
space	<div style="width: 35.43%;"></div>	35.43%	45
birth	<div style="width: 29.92%;"></div>	29.92%	38
room	<div style="width: 28.35%;"></div>	28.35%	36

Q4 What sort of services or programs would you like to access? For example; pre-natal classes, ante-natal classes, lactation support, child birth education etc.

physio<sup>access</sup> Antenatal classes<sup>Pre natal</sup>  
lactation consultant<sup>postnatal</sup> support<sup>Prenatal</sup>  
Lactation support<sup>post natal</sup> classes  
Lactation<sup>birth</sup> yoga<sup>midwife</sup> antenatal<sup>education</sup> services  
Hypnobirthing breastfeeding

This final section showed a very loud call for lactation support and also for classes which support a normal, active birth. Physiotherapy was also mentioned and the need for more support for women after their baby is born. Some quotes are included below, and the full responses are on page 27.

-Child birth education classes focusing on techniques to use during labour and the role of the support person  
-Lactation and postnatal support  
-Access to physio for pre and post-natal assessment and support  
Post-natal home visits

Would really like to see postnatal classes or a post birth session to debrief after a challenging birth, up to six months after the birth when the mother/family is ready.

Detailed classes and education: ante- and postnatal. Lactation education and postnatal support. Evening classes so working peeps can attend. Information about ALL birthing choices and options, including homebirth and caesarean section. Information on doulas and delayed cord clamping. Postnatal support groups (5-10 people) for 'at risk' families (referred or self-referring).

## Responses in full

Q1. Are you able to tell us in 2-3 sentences the ideal 'ambiance' of the family birthing centre? Examples include (but are not limited too) ideas such as warmth, inviting, like a family lounge room etc.

- Like home for those not able to access a homebirth.
- Feeling like you're in your own home. But with the safety of being in the hospital
- Inviting.
- Giving the mother control over light, temperature and use of shower and bath. As well as plenty of room to move around.
- A calming environment without the hustle and bustle of a hospital. A family friendly place where older siblings are welcome and catered for with toys and/or entertainment (TV/ games)
- Warm, calm, clean, quiet
- Ambience would be welcoming and calm to allow for the phases of labour and delivery. It would be neutral in the sense that it would be a judgement-free mental space, focussed on mother-centred care.
- Home like. Calm and inviting. Gentle.
- Quiet warm nurturing, personal, low lights comfortable
- I think it needs to be Comfortable and warm, with relaxed lighting.
- Calm, homely, warm, not-clinical, dimmable lighting, comfortable chairs for support persons, tea and coffee facilities.
- Comfortable lounge room style waiting room area with couches and toys for siblings, soft furnishings with some colour. Birth rooms with different lighting options for low light, salt lamps etc.
- At home, safe, warm
- Dim lighting Warm paint colours Diffusers offering relaxing aromatherapy essential oils Very open rooms with minimal furniture but practical - fit balls yoga mats big lounge pouf on the floor
- Warm, supportive, family orientated, safe, secure
- Homely, warm, family friendly for siblings.
- Relaxing, homely, warmth
- Warm soft furnishings, with no harsh clinical lights or bright colours. Like the ambiance of a massage room or waiting room at a day spa, ability to dim lights, have music etc.
- Feels like a warm, inviting hotel. Mild lighting, calm music, not medical/clinical feeling.
- Birth centre should be warm and "homely", softer lighting and space to be able to move through labour.
- Warmth, big space, calm, family oriented, lots of natural light with plants etc.
- Soft neutral colours with little pops of colour. Light and airy. Similar to an inviting family living room, but without the clutter.
- Home like, calm, safe for mums, comfortable
- Home like
- Privacy from the door opening. Home like feeling with lightning options. Fresh air flow.
- Warm, family friendly with no restrictions on visiting hours, no restrictions on siblings visiting or being present at the birth, privacy for families, calm environment
- Quiet, secluded, adaptable lighting, warm.

- Relaxing, welcoming, warm, soft lighting - definitely home like and non-clinical looking
- Homely welcoming. Free flowing. Soft furnishings. Make it feel like a home.
- Natural light and open airy entry/reception area. Open plan gathering space with kitchen/dining facilities. Rooms with an easily accessible bath/birth pool. Access to communal outdoor garden area.
- A homelike environment that provides comfort and warmth
- Warm, able to change lighting, music, big bathroom so there's enough room for support person and midwife
- Access to home comforts like a kitchen and possibly access to outside or green spaces. Equipment like yoga mats. Space for other children to be involved in the labour process. Comfy mats for mothers who don't want land births on a bed. Of course bathtubs for water births, or ease of labour pains.
- The environment needs to be calming, warm and inviting allowing women and families to know this is a safe space to bring their baby forth. It also needs to be able to be individualised and transferable for women of all cultures and background. This will create an ambience beneficial to the woman and her experience.
- It needs to be calm, relaxing & home like with soft furnishings & a bath
- Warm and inviting with family friendly spaces. Soft colours to create a homely environment.
- Relaxed, homely, and a safe place with no hospital smell etc.
- Private, as home like as possible, dimly lit, cosy
- As close to a family home as possible. Lots of birth tools to encourage off the bed. Dim lights - not LED as that can inhibit melatonin more.
- Somewhere bright and airy during the day but warm and cosy at night. Calm, quiet, relaxed, homely.
- Inviting like a bedroom but with emergency supplies to hand. Dimmable lighting, bed that looks like a bed, music machine
- Warm, inviting, non-medicalised. Preferably with water birthing facilities, and no "hospital" beds
- Option to dim lighting/low lighting, family lounge room, access to a garden/outside areas to encourage walking around, homely rooms with a comfortable chair for partner, heat pumps in the double beds for warmth.
- Like a room in your own home. Soothing. Warm.
- Just like home
- Relaxed feeling (no obvious medical equipment). Warm, plush and cosy. Not smelling of disinfectant.
- A place that embodies the "hugge" mentality with a cosy, safe, home-like feel. Natural light, access to fresh air/garden and individual control of temperature.
- Clean calm greenery privacy warmth
- Spacious, open, light (well lit) with the capacity to darken rooms, family lounges in suites where mum and bub are? If not one shared family lounged between say 3 rooms for families.
- Soft light, uncluttered, natural light, spacious.
- Low lighting where possible (maybe dimmable), designed more like a home than a clinic (again where possible), calming colour scheme. Warm and inviting is good.
- Privacy is paramount - ideally need an 'antechamber' or foyer where staff enter but not directly into birthing room. Ability to have dim lighting in various sections of the room - even the bathroom/ birth pool areas. Queen sized beds or additional single bed where partners can stay close to support.

- Something colourful and warm, not too sterile-looking like normal hospitals look like. Calming colours that makes it less stressful for those who stay in the wards. Nature-themed, ocean or sky-themed rooms would be great. Nothing too quirky or too stimulating.
- Warm, inviting, non-clinical, non-hospital like
- Warm rooms, soft neutral colours, diffuser with lavender for relaxation
- It needs to be relaxed and welcoming. Careful Choice of colours used. Soft furnishings. No uniforms.
- The birthing centre should be homelike and non-sterile as much as possible. The ambient light and atmosphere is so important for the woman giving birth and also for family. Having a calm and relaxed space where everyone involved can feel at ease at all times and free to labour and birth the baby in anyway preferred.
- Comfortable, warm, inviting. Like a bedroom or family lounge at home. Like a warm, welcoming, comforting hug!
- Warm, comfy and cosy, just like a home setting. Dim/dark lighting.
- Like a bedroom, nice bathroom.
- Feels just like home. Welcoming, cosy, comfortable.
- Play area for older siblings
- Like home Unlike a hospital environment
- Would be nice to have a children play area for the siblings while waiting for labour. Have a dad's corner for the mum and new Bub. Introduce diffuser or calming agents in the room e.g. soft music and lights and birthing should not be traumatic. Too many hospitals are sterile, cold and too bright.
- Like a family home. Calm colours. Natural light (and curtains)
- Simple and not over crowded, with private spaces to share with family as well as open space for them to step out too away from the action for a moment.
- Inviting, soft surfaces/couches etc. possibility of ambient lighting, natural light.
- It needs to have a non-clinical feel. Relaxing couches beds not the focus of the room. Some nice inviting pictures on the wall. Maybe so nice relaxing background music where you walk in
- I feel like a birthing centre should feel like the closest thing to a home birth, but with the comfort of being close to hospital. Neutral colours, large bed, and homey touches such as plants.
- Warm and inviting, friendly warm staff. Family room is good we used it after our son was born. Big showers to birth in.
- Calm. Quiet. Dimly lit.
- Warm lighting, gentle music, relaxing environment where I could feel safe and love whilst I Birth my baby
- Large double bed, fridge, tea and coffee making facilities, couch and TV. Large bathroom. Variety of lighting arrangements to allow for low lighting. Inspirational quotes, photos of beautiful birth experiences.
- Warm, homely, in a similar style to the established FBC at KEMH
- Warm, soft and dark. Private and safe (doesn't look medical, looks more like someone's home).
- Low lighting...think 'candle' style [NOT 'bright white'], calm, comfy, 'loving home' feeling...water birthing pool. Or if not that then water feature for tranquillity.
- Comfortable, home like environment
- Warm, comfortable and not too clinical looking
- Relaxed comfortable, home like environment. Large enough to accommodate extended family, other children, grandparents.

- No bright lights, relaxing, calming, warm. Homely. No “hospital feel”. Option for music, sounds of mother’s choice.
- Calm, quiet, dark and safe. Preferably with a birth pool
- Double beds, furniture, fit balls, mats. Rugs, home bedroom feel.
- Deep colours, personal temp control, family lounge area, deep bath or access to water birth, music, areas that create small space.
- Calm and comfortable
- A home away from home. Cosy, comfortable and friendly
- Open space, as few visible electronics and cords as possible, soft lighting, comfy 2 or 3 seater couch, ability to play musical devices i.e. iPod/mobile device.
- Calm, warm, a place to meet family members, friendly staff
- Homely and warm, comfortable places to sit, lounge room style. Calming artwork. Accessible facilities. Ideally rooms should have natural light and windows/doors to outside to allow time outside in a courtyard.
- No visible hospital equipment Wall murals of outdoor scenes i.e. beach, forests etc., Dim lighting - a bedroom without the bed
- Welcoming, open spaces but enough corners for perceived quiet or privacy, calm colours, climate control in room and not centralised, possibility for music. Definite need for kettle access to make cups of tea.
- Pale colours in the room, no hospital equipment in view. Family member furniture friendly looking room. Inviting of all ages e.g. - toys in toy box, low lighting, comfortable lounges etc...
- Like a family home- lounges, day bed rather than hospital bed, natural light, good heating/cooling, natural warm colours, birth and pregnancy photography on the walls, warm lighting on dimmers, toys and comforts for children to also be welcome and comfortable
- Easy access from car park (not having to walk past all the general public), room should feel comfortable and relaxed.
- No blue lighting or medical lighting, candles, hammock, open windows, birthing balls, chill out music 🎧 friendly and open minded midwives welcoming and encouraging Doula’s to attend
- Warm, Low level lighting. Welcoming midwives who you have met many times before. Play corner for toddlers. And please, no signs saying 'don't ask how long until your appointment' (I have seen these in mph outpatients. And I got missed because I felt I couldn't go up and ask why I had been waiting an hour. It's a very cold way to deal with patients)
- A mix of calm and joyful colours, warmth, comfort and practical but inviting use of space
- A clean but homely environment with amenities not just for the mother but for her partner/family as well (such as a small fridge and a kettle, a couch/recliner)
- Home from home. comfortable welcoming and cosy
- House like environment, non-clinical looking
- Warm Natural calm
- A relaxed environment where the whole family is welcome. Accommodating to all different cultures birthing beliefs.
- Somewhere homelike, but safe. With ready access to medical help if things go awry.
- Homely, comfort and non-clinical
- Want somewhere comfortable and inviting. Might be there for a long time so you don't want to feel like you are missing home. Still feel secure but without feeling too much like a hospital
- Home like, calming, open
- Quiet calming with Warmth, low lighting ‘cave like’.

- Calm, friendly and welcoming. Losing the medical vibe and encouraging families to use the space
- Comforting, warm, an inviting space that is not overly clinical that feels safe for birthing mothers and yet has the capacity for higher risk women to have the birth they desire in a comforting space
- Women need a birthing environment that enhances the release of oxytocin. One where they feel safe private and unobserved. Such environments are dimly light (no LED lighting that interferes with melatonin release) and feel like home. Having a bedroom, bathroom and lounge would aid this homely feeling. Adrenalin producing 'medical equipment' must be kept out of sight. Most of all women must feel a sense of ownership of this space so must feel free to rearrange the space and add their own personal effects. (M Foureux et al 2010, SJ Buckley 2015, T Mondy et al 2016, A Hammond et al 2017, M Odent 2018)
- Involving the whole family, including children. Private garden to birth outside, with easy access to room if changes her mind and wants to go inside (bi-fold doors etc.)
- A comfortable and inviting space that reflects the home environment.
- Minimal medical equipment, space for food and drinks to be store, comfortable with soft furnishings and calm colours
- Low lighting, relaxed music, family lounge room
- Like a bedroom with all the medical equipment hidden
- Quiet. Comfortable. Safe. privacy
- A homely and inviting feel. It should have comfortable fit out and not the clinical appearances of a hospital room
- As close to a family home as possible however not one from Pinterest as I hate to break this to most millennials but Pinterest isn't real life.
- Family like room, dim lighting, nice wall decorations, plants, calm music, comfy seats, colour
- Warm, quiet, dark, access to water (pool & shower) child friendly
- Warmth, warm light, like a family lounge incorporating nature, real plants
- Lighting. Warmth- physical and ambient Water+++++++\*\*\* TV Music
- Relaxing calming environment. Comfortable furniture and surrounds. Calming/grounding smells (aromatherapy)
- Space should feel like an inviting safe home, a home away from home. Relaxing, dim light, soft colours, minimal patterns or clutter, space to move around and make it their own birthing space.
- Welcoming and home like experience with access to showers/pool/bath, area for partners to grab a coffee or relax. Less medicalised and more home like
- Quiet and privacy are imperative. Feeling like you're the only person around (plus your support people) and not hearing others in labour.
- It should be like home, reduced 'clinical' feel
- Warm lighting, soft furnishings so it feels more homely than like a hospital (less clinical), children's area for families with kids, soft relaxing music

Q2. Now can you describe us how it looks? For example, the colours, the size of the bed, lighting... perhaps you can think about what you had or would want next time

- Queen size bed, rebozo sling, birth pool that can fit partner as well, good shower with shower head that can be hand held.
- Beautiful homely queen size bed. Beautiful neutral colours to suit everyone, bedside tables and lamps on each table.
- Calm colours not too many bright lights but not too dark comfortable furniture
- Neutral paint but the ability to change lighting (using LEDs?) to create a cool or warm ambience. Large bed. Maybe a woven wall-hanging.
- Calming colours (blues), pictures of relaxing scenery (forest, beach), white noise machines, calming meditation music, soft lighting, art library double sized bed so you don't feel like you will fall off every time you move, baths, private garden/ courtyards, indoor plants
- Warm white, not too crisp, plant life, natural sunlight
- Adjustable lighting and audio components- overhead lights and lamps. A low bed.
- Large family sized bed, warm colours, dimmed lighting, birthing tubs
- Warm colours wood low lighting, customisable
- Queen bed (minimum) Birth pool Neutral cool tones to make it feel relaxed Music system available
- Queen size bed, fit balls and comfortable seating. Calm colours with beautiful art, indoor plants
- Soft colours: pastel and grey colours, nothing too bright Options for dim, low light, salt lamps and flameless candles Queen size bed and couch in each room
- Light calming colours, double bed or bigger, low dimmer lighting, candles, music playing abilities.
- Large bed with bed head
- Green, warm colours, large bed (queen size), dim lights, hot bath and shower.
- Double bed, lighting that can be dimmed, home like feel of bed, couch and chairs, storage space for bags in room
- Dimmer switches for lighting. Queen size bed. Artwork of women. Walls painted colour other than white. Birth tub and shower.
- Neutral colours Dimmable lights Double bed Birth pool in the room but careful not to feel like it's on show
- Warm colours, soft, big queen bed, electric candles.
- The bed should be at least double so your partner can be close to you and Bub for bonding after birth. Ideally for me there would be some darker colours but muted/soft/neutral is ok too (not baby colours though) lighting soft or dimmable and multiple options - both ceiling lights but also lamps or fairy, rope lights or salt lamps for softer options
- Calm warm colours, lots of space with heaps of natural light, an outside space with lots of plants. A play room, a library lots of pictures of vaginal births and Breastfeeding/ nurturing a comfortable reception area with a lounge like feel. Large birth rooms with all the medical equipment hidden away. A double bed, with a large deep birth pool, a kitchenette with kitchen essentials and most importantly hot water, fridge, microwave, ice. A large bathroom with at least a two person shower that lights can be dimmed or off and ability to have doors open or closed. Education room, large ante/postnatal clinic rooms.
- Double/queen bed with a modern grey/neutral bed head. Side tables. Lamps with cool lighting (not warm/orange globes). Modern fabric sofa. Timber or timber look vinyl flooring. Several lighting options; big airy windows with sheer curtains and block outs. Soft wall lighting and

lamps. Dimmer switches. Large feature artwork on one wall - preferably of serene/tranquil landscape or empowering birth imagery.

- Big bath big bed, windows for fresh air but lovely drapes, cushions and comfort, friendly mugs for the tea, homely not institution furniture, some gentle colour not sterile white
- Bright colours, dim lighting, double beds, kitchenette, birth pools, area to be active in labour birthing pool
- Warm lighting. Colours inspired by nature. West Australian wildflowers. Natural light options. Queen bed.
- Low lighting, double or king size bed so partner can stay overnight. Calm colours
- Dimmable lighting, at least a double bed, some form of carpeting if possibly blue would be lovely for a warmer atmosphere. Nothing comfortable about labouring on linoleum
- Soft calming colours, maybe soft coral tones, family size bed, adjustable lighting with very soft mood lighting available
- Soft colours, soft lighting, double bed. Large birthing tub that's low. A window with natural light.
- Natural warm tones. Natural light. Double bed available but not a centrepiece or feature. Adequate bath/birth pool in each room.
- Double to queen bed for both parents to be able to lay on. Dimmed lighting with warm tones, colours- light and warm such as grey tones. Also decor such as reusable fake candles or other lighting for ambience/distraction
- Warm colours, dim lighting if wanted, bed doesn't have to be huge, birth ball/cub cushions etc. available and where you can see them, and a TV
- Neutral colours to suit everyone. Lighting that can be dimmed, lots of pillows. Large bed, maybe queen size.
- Colours should be soft, I think Australian "muddy" pastels of blues and greens with adjustable lighting. Don't let the bed be the centre instead creating other alternatives to allow an active labour
- Large bed (double or queen) that doesn't look like a typical hospital bed. Warm lighting that can be dimmed, calming colours/pastels. Music Accessibility & aromatherapy diffusers & bath.
- Double bed, soft pastel colours, lighting should be adjustable with lots of natural lighting from windows as well as options such as fit ball, bean bags etc.
- Bed size doesn't matter but a big enough room to encourage active labour. Room for a bath, fit ball etc.
- A queen size bed, low lighting, warm colours, soft furnishings
- Warm soft colours to feel cosy. Like King Edwards. Bath pool in there.
- Like a bedroom with a large bath for birthing in. A large bed but this should not be the focus of the room, lighting that is dimmable but can be bright if needed. A comfy chair and/or sofa. Ropes or similar hanging from the ceiling to be able to use as support whilst upright. Equipment hidden away but easily accessible if needed. Aromatherapy diffuser, flowers. Pale blues. Things to focus on whilst having contractions like pictures with circles in. Space to move around. Cosy blankets. Plenty of pillows of different shapes and sizes or beanbags to assist with finding a comfortable position if not in the bath. Padding to put under knees when kneeling. A fan. Music. Large fluffy towels. Somewhere that offers privacy.
- Double or queen bed which can adjust, warm colours. The bed shouldn't be the centre of the room but this the side so that the labouring woman can use balls, mats etc.
- Calming and warming colours - deep reds, orange, yellows and greens. Dimmable lighting, and lights around the bottom of the room as well as overhead lights. And medical equipment should be able to be hidden behind wall panelling

- Pale warmer colours, light dimmers, double bed with ability for partner to stay the first night, semi-ensuites in rooms, have drinking water and a few cups available
- Dim lighting, floor lamps in corners and similar. Queen bed, NOT a hospital bed. Couches. Nature imagery. A window to the outside. Everything is in the one space though partitioned off e.g. bed, ensuite, shower, birthing tub.
- Queen bed, lighting that can be dimmed, no bright colours
- Birth pool/tub. Lighting options i.e.: dimmer dial, and lighting to be more yellow than white. Bed to be double/queen for post-birth snuggles with family. Labour and birth assistance items, such as yoga ball, birthing stool or rope to hang onto. Books and toys for siblings.
- Large room with double bed and area for a lounge next to it opening out onto a small private courtyard with private ensuite with built in birth pool. Warm home-like materials like timber floors and calming greens and neutral tones.
- Greenery and plants Calm natural colours to reflect nature Large bath birthing pool and or shower Big enough bed for partner as well
- Neutral clean colours cream / off white Double bed with a fold up in each room (in wardrobe or cupboard) Good lighting / natural yet good blinds to darken also. Homely features - Try to reduce the clinical look
- Blues/ teals/ Greenery/plants Double bed. Chair space for walking around Soft lighting for evening, natural light during the day. Don't have bed or furniture facing bathroom
- Soft colours and furnishings, maybe relaxing pastels. Lots of pillows!
- Lounges or supportive surfaces where mum can lean over in various standing/ kneeling positions during labour and birthing
- Lots of greens and nature/earth colours. Warm yellow lights, and still access to natural light from windows. King single sized bed at least. Access to some music (calming, or white noise) would be nice.
- Warm colours and not too much white (e.g. floors, walls, tiles, sheets, towels)
- Double bed room for your partner, neutral beige no bold colours, dim lighting. I had my daughter at Fiona Stanley and I loved the dim lighting
- Enough room for a Birth Pool in each room if the bath is not suitable. I used a pool in my room and it was wonderful to know I didn't need to traipse over to a different bathroom when I was in labour. Double bed a must. Dimmable lighting.
- The bed needs to be at least a queen size with warm and neutral tones, natural fibre bed linens and blankets and a cot for the baby like perhaps a co sleeper type. I think the Dad should be allowed to stay with the Mum and new baby so the room should cater for that. Lights that can be dimmed and lamps around that can also be dimmed. Coffee and tea making facilities that are more like home so the families feel at home. Having a TV, sound systems that are up with technology so music can be streamed via their phones and having comfortable seating/lounges that can recline. The space needs to be a zone of calmness where the families can labour and support and then be able to cater for large amounts of friends and family visiting afterwards.
- Variable lighting (can be dimmed or brightened as required/wished) Maybe some additional lamps etc. rather than just ceiling lights. A bed big enough that my partner can sit on the bed to rub my back etc.
- Warm relaxing colours, comfy couch and large bed, dim mood lighting that's adjustable, carpeted floor (if possible), large shower and bath tub
- Large bed, couches, beanbags and low lighting.
- Light tones, creamy colours which are inviting
- King bed, dull lighting, neutral modern colours, comfy chairs, fridge

- Soft warm colours but modern still. Wood not metal as it's more earthy. Choose bright colours for kids play area Bed should be wide to allow dad to snuggle with mum when Bub is in cot Soft light warm colour. Have dimmers please!! Bed would be nice to have other colour blankets not just white! Make it as much a home where possible Have coffee cart come around would be nice for dad and mums
- Queen size bed. Warm light colours. Comfy sofa, rugs or carpet. Natural light
- Adjustable lighting, at least double sized bed able to be shared with a partner. Space to walk around and use birthing tools such as exercise balls, chairs, baths etc. Warm light colours. Natural lighting and a view of plants/nature if possible.
- Large bed, soft neutral colours, not a lot of chrome, nonvisible medicals stores, smaller held spaces
- Lights need to be able to be dimmed. Warm colours not overly bright. Need a bed that can adjust to different positions. Pull ropes from roof would be amazing to bear down on for support
- Large double bed, neutral colours such as white, cream, coffee brown etc. Dimmable lights would be ideal, and yellow lights - not white.
- Lighting not too bright. A nice colour Como is grey and yellow grey couch add a yellow cushion. Queen or king bed to have partner stay after birth.
- Pale colours. Dimmable lights. Adjustable cooling/heating. Warm blankets. Double size bed. Software bed for partner. Kitchen area for consumers. Ensuite with birthing pool and double showers.
- For my births- earthy and warm colours with candles, cushions and soft encouraging tunes ♡
- Oops, as above. Big enough to fit a blow up pool in with taps designed for filling and draining. Sound system to play music. Aromatherapy allowed.
- Non-intrusive neutral colours, double bed, adjustable lighting for all requirements. Ensuite bathrooms Sitting area for family
- Warm, earthy colours. Queen bed. Soft, warm, dimmable lights. Fairy lights (or similar). Empowering artwork and affirmations. Enough space to move but also quiet, cocoon-like spaces for those who like privacy. E.g. an alcove with something to lean on, and artwork to focus on.
- Low warm lighting, king sized bed, big birthing pool, water feature fountain and/or fish tanks for tranquillity and serenity. Green and blue tones....think rainforest.
- Double bed, lighting that could be dimmed, comfortable lounge. Big bath. Warm colours
- Soothing colours such as blue, a larger than single bed. Comfortable seating for fathers or birthing partners that would also accommodate rests/sleeping, and adjustable lighting depending on the time of day/night, point in labour etc.
- Double bed, lighting that can be dimmed, soft colours
- Large bed not needed, comfy cushions if birthing on knees, beanbags. Birthing pool. Soft blues, greens... earth/rainforest/sky/ocean decor. Lights on dimmers. Fresh air! Ability to open a door and walk into a small courtyard with water feature or bird sounds. Nature!
- I gave birth at home once during the day and once at night, preferred the night experience for its cave like feeling
- Double bed for partners to stay, muted lighting. Neutral clout scheme.
- Feel colours that are warm, no cliché ferns or beaches prints, opportunity for women to create smaller spaces in the bigger things room - nooks to birth in. Bed double but the focus of the room. Bed must have a bedspread - stops that subconscious "good girl" behaviour of getting on the bed as it is unmade so I must be expected to get on it. Lots of other aids like a comfy couch, ball, CUB, table and chairs - home like, we do usually have a bed in the middle of the living room

- A large bed that your partner can fit on with you. Soft dimmable lighting. Room to walk and move around.
- Warm greys on the walls, queen bed, warm coloured furniture, decor. Dinner lights to give options, Bluetooth speaker. Fridge etc.
- Double bed, soft warm lighting
- Calm colours like pale blues or greens. Lights that can be dimmed. As much privacy as possible for individual patients. Big beds are always more comfortable.
- Cool colours (blue, green), queen bed, soft lighting (not hospital fluoro's). Some nice artwork. Windows ideally with a green/nature outlook. Access to outside (courtyard/balcony) for fresh air.
- No visible bed but a double bed for mum & dad after the birth A freestanding bath in each room
- Dimmer switches for lights, lamp as well for choice of lighting. Not hospital linen. Double or queen bed, handrail at top to hang off, comforting colours- blue, green, pastels. Artwork on wall. Empowering and supportive.
- Pale pastel coloured walls or murals of nature (e.g. rainforest, waterfall, ocean, sunset mural the size of a whole wall area. Adjustable lighting from bright to very dim, individual room heating or cooling to clients can self-adjust to their own needs, big windows if possible. Very important for the bed to be at least double or queen size so partner and other family members can all snuggle up together on the bed comfortably. Access to music player (CD, I Pod dock etc...) Small bar fridge for the clients snack and drinks in labour etc...
- As above, lighting on dimmers, ?fairy lights, natural lighting from windows, fresh air!!, if daybeds not feasible a double bed would be ideal, kitchen for family to utilise,
- An actual enclosed room with a door instead of a curtain as a door
- I think a double up to queen bed would be perfect, lighting with candle lights or red salt lamps glow would be perfect, fairy lights.
- Light with dimmer. Fit ball. Plain, muted colours.
- Warm colours such as creamy beige, purple, aqua blue... in small touches for joy
- Warm colours, low warm lights, possibly a window for some natural lighting, soft bed sheets that aren't white.
- Rocking chairs Couches rather than beds Mats balls lighting that can be adjusted (colour and brightness) Family room away from birth room
- Warm colours, able to dim lights, large bed available but not central to space
- Queen or larger bed. Mood lighting such as lamps. Plants. Large tub. Inspiring photos.
- Different rooms with different colour schemes. Not clinical looking.
- Homelike. Adjustable bed Shower/bath Wide doors that fit wheelchairs/bed through Windows with views to the outside Adjustable lights, both position and intensity
- Simple uncluttered with a soft comfortable sofa (not plastic lined). A double bed placed at the side not centrally. Lighting would be soft and preferably be able to turn down almost completely. Big windows looking out over a native garden
- Prefer adjustable lighting with warm tones that could be as bright or as dim as needed. A big enough bed to be able to move as I please and colours that are natural but clean.
- Double bed, warm lighting, pictures of beach or somewhere calming
- Wood look feature. Dark purple. Diffused, Yellow, warm dimmable lighting. Warm climate air. Large at least double/queen size bed.
- I think that inspiration could be taken from sensory rooms. Dimmer lighting , coloured lighting , music, various chairs to get comfortable on

- Double bed for partner to share dimming lights calming blues and greens peaceful murals(waterfalls/cloudy skies) birth pool, multi positioning chairs TV and speakers
- Flexibility is the key because women are unique and there is no one size fits all birthing environment. All our homes are different, our personal taste in colour etc. are different. For example not every woman is going to resonate with a large image of a waterfall so a fix mural might not be such a good idea.
- Large open room with bed and “hospital equipment” to one side. Open area for mats, balls etc. semi open bathroom with large bath/pool. Double head shower
- Soft colours in the room with dimmable lighting, large double/queen size bed, comfortable couch to sit on. Large bath or area large enough for a birthing pool.
- No bed but maybe sofa bed if a bed is required. Mats, bean bags and birth balls. Calm colours
- Queen bed with cushion pillows, soft lighting, salt lamps, calm colours of teal green and blue.
- Warm and cosy with dim lighting and room for support people to nap if a long labour.
- Similar to the FBC at KEMH with a Q size bed
- Cooler colours. Inspiring artwork. Living plants. Large bed. Private area for alone labouring. Candles. Low lighting.
- Warm inviting lighting. A big comfortable bed. Spacious and room for different positions during labour and birth
- At least a queen sized bed for family time after birth. Warm tones no white or grey or black. Lighting should be on dimmers. Room enough for a birth pool to go in the main area of the room not the bathroom. Bathroom should not look like a hospital bathroom but a soft warm cocoon of colour either in paint or tiles. Think of the warm earthy tones of a placenta for inspiration. The bathroom though should be like a womb, dark tones, and lights also on dimmers. Shower should have enough room for mum, dad and doula or midwife. Sound system would be nice with blue tooth or plug in area. Having a docking station would be amazing for charging devices. Earthy designs such as stone work, wood, all of which I realise must be able to be sanitised but materials are easily made to look like this and be washable. I have been to a birthing centre that was made out of an old church and it was stunning! There were stained glass windows in each room which night or day just made the room so warm and inviting (they weren't religious in nature). Instead of a cold baby bed it was a beautiful swing hammock. (Birthing centre in Edmonton, Alberta, Canada). The centre also has a large beautiful kitchen for family and birthing women and staff and doulas to come together.
- Bed to fit both parents, room for bassinet,
- Blues & reds. Warm colours, dim lighting, king bed to allow older kids & birth support on. Birth pool.
- Large bed, nature based warm colours, large bath
- Coil outs should be modern. Rearrange into calming colours and not generic bloody hospital colours. Textured wall paper.
- Large double bed. Warm inviting colours and artwork. Soft or dimmable lighting.
- Dim lighting (with the ability to quickly become lit if required i.e. pph, shoulders), soft fabrics and non-hospital bedding or beds, bed not in the centre of the room, to the side. Also essential oils, music, cushions and upright birthing stools. Natural lighting available, windows that can be slightly cracked if possible, breeze is nice.
- Ability to dim lighting and play music, decor home like and less medicalised, ability to use oils/candles. Soothing decor colours, soft bedding and large bed to partner /doula can climb on and help support.

- Neutral colours with the ability to dim lights and possibly hang your own shawls/fabrics over windows. Double bed that you can lie with your partner in to rest. Medical equipment to be tucked into a cupboard, out of eyesight.
- Dimmable lighting, not directly over the bed. Music player, Essential oil diffuser, warm colours, fit ball, positive birth graphics/images/posters, and for the bed to not be the focal point in the room as it is in a hospital birth suite
- Neutral/pastel colours, ability to dim the lights in both the bathroom and birth suites

Q3. When you think of facilities what are the top five things you want to be able to do in this centre ? Examples included but are not limited to; take a shower, be in a birthing pool, move around freely, include other members of your family / space for other children etc

- Be able to move freely and get into a birth pool when desired, able to rest on the bed when desired and generally able to relax.
- To be able have a bath and have the family members involved and able to feel comfortable
- Shower move around space for kids
- Birth pool, shower, free movement, bounce on a ball, fridge for drinks and snacks
- Birthing pool!!! Birthing pool (so important I feel I need to put it twice), walk around a small private garden (private to the birthing centre not open to public), lounge area with games/ toys/ books/TV to keep other children entertained, things like exercise balls to sit on
- Meeting spaces for families, plenty of room to march through the corridors in labour
- All of the above - room for movement and family members, bath and shower options.
- Birthing pool (for labour AND delivery) Take a shower Space for birthing support people (including children) Limited intervention Different spots to try different labouring positions
- Pool, shower, able to hang own fabrics, candles, adjustable furniture variety, rope pole to grab and hang from
- Be in a birthing pool Shower Space for kids Bar fridge for cold drinks Somewhere for partner to stay too
- Birthing pool Tea and coffee facilities or waiting room for support people/family (like a family room). Large showers Move around and walk freely Access to outside/fresh air
- Shower Birth pool Use different equipment (ball, beanbag etc.) Space to move
- Access to a birthing pool Access to a toilet close to a birthing pool Include members of my family including children Ability to freely move around Access to outside to get fresh air in privacy
- Large shower with wall function and moveable water Hose for partner to be in the shower also Space space!
- Hot shower, have space for my partner right next to me. Be able to eat.
- Birthing pool, shower, move around, adjust temperature of room and water in shower, lots of different positioning tools/blankets etc.
- Free movement, lots of items to assist with labour and birth positioning e.g. silk scarf from ceiling for squatting, shower, water birth tub, small fridge and kitchenette space
- Shower Birth pool Enough room for pacing/walking Room for professionals to work around women birthing on the floor or on the fit ball A lounge/bed for support people Bar fridge Bathroom big enough to be able to comfortably birth in with room for midwife & support person. I felt very comfortable labouring in the enclosed space but had to leave to birth because not big enough for 3-4 people
- Birth pool, plenty of room to move, easy to take walks, shower, birth in a variety of positions
- For me based on my first birth, space to move, shower definitely and also birth pool/bath. I didn't leave the room at all but my husband did to reheat my heat pack so those type of kitchen facilities not too far away
- 1. Birthing pool. 2. Birth in a home like environment 3. Take shower 4. Move around freely 5. Include family/children

- Take a long shower - with the option to be seated or kneel and have a removable shower head in addition to the main shower head. Labour & birth in a generous sized birth pool. Kitchenette Facilities. Access to ice, water, fridge, microwave for heat packs. Listen to music - Audio sound system with Bluetooth. Weight bearing point on the roof to attach a rebozo or woven wrap to hold on to whilst bearing down.
- Shower Own room Birth pool or bath Family space
- Birthing pool, group room for classes, courtyard, relaxing environment to chill with partner
- Prepare food. Move around. Be on the floor comfortably. Have family present. Fresh air. View of nature. Be in a pool.
- Room for members of family, space for other children/siblings, large bath/birthing pool, move freely, lots of options for birthing support such as balls etc. good environment for postnatal care and to do continuous kangaroo mother care, ability to have newborn sleep next to Mum etc.
- Shower with plenty of pressure and hot water, appropriate heating/cooling AC options, birth pool, move around freely, space for other family/children. (Sorry, isn't this all a given in a birth centre?)
- Private bathroom facilities with large shower for partner to support in; birthing pool; space to move around in or sit in recliner chair, space for family members
- All of those things are needed. Free flowing room to bathroom. Birthing tub that's not in the bathroom. Room for family including children.
- Water birth/immersion in water Capacity for other children to be present Dedicated space for antenatal classes that incorporate 'active birth' skills Capacity to participate in postnatal 'catch ups' / parenting classes (circle of security) to meet other new mums & bubs
- Water birth Double headed shower Ability to move furniture around for blow up pool A lounge or couch in the room for family
- Hot shower, be in a birthing pool, mobilise freely, listen to music, dim the lights
- Everything listed! 1) Include family, but have space to be alone if needed while labouring hard or birthing, non-related doula/birth support person allowed 2) option for water birth 3) access to bathtub, private shower, TENS machine for pain control 4) doctors only on invitation by labouring mother unless midwife calls that doctor is necessary 5) freedom to move around, with access to outdoors
- Bath, family lounge/kitchenette, generous bathrooms with shower (adjustable lighting in this area too)
- 1. Birth Pool 2. Ability to use various positions (e.g. use of CUB device) 3. Ability to have a couple of people with me 4. Shower facilities 5. Home like environment
- Birthing pool so hubby can also get in Wet room to use shower in Good size rooms with space for kids/family and a lounge Ability to make tea/coffee etc.
- Pool, shower, fit ball, music and space for older children.
- Birthing pool, shower, allow children, freedom to move around, eat and drink freely
- Shower, birth pool, birth ball, lots of space, couch for family to be close but out of way
- Water birth and shower Have continuity of midwife care Move around freely, including outside Have privacy Not listen to bells/pagers/phones going off all the time.
- Move around, bath/shower, a space for close family partner and children to be including perhaps fold out bed.
- Take a shower, be in a birthing pool, listen to music, use an oil infuser, be able to move around freely

- Be in a birthing pool Move around freely, have them on the ground floor with access to the grounds or a garden for this reason Take a shower Have space for 2-3 support partners in the room Have access to Birth Balls and Tens Machines
- Water birth in a tub. Shower. Rest/sleep on bed with another person. Children allowed to be present. Space to do many things but room has partitions and enclaves so that it does not feel entirely open plan.
- Birth pool, move freely, family and children present, eat and drink
- In order of preference: Birthing pool Freedom of movement Shower Labour tools/furniture (yoga ball etc.) Family inclusion
- 1. Private access to shower, birth pool in own room. 2. Space for family members and children to gather within room as well as a communal space separately. 3. Natural light and access to outdoors 4. Access to individual music, dimmable light and aromatherapy 5. Soundproofing between birthing rooms.
- Space for children Bath shower north pool Other family to pop in
- Yes take a shower comfortably those removable shower heads are good. Go to the toilet comfortably Room in the bathroom for supplies (extras in case you're not mobile Access for mobility A comfy plush feeding chair Space and stimulation for older children
- Room to take a walk inside and out. Access to shower and birth pool. Really good sound proofing. Access to fridge/healthy food and drinks
- As all stated above definitely a pool, nice warm showers with massage heads to help massage your back
- Find easy quick parking shower/ pool - labour in water Privacy away from ++ clinical noises and distractions Plenty of support for free movement in labour Home-like facilities such as fridge/ tea/ coffee/ music/ aromatherapy
- A bit of space for guests so they don't see your mess. A roomy space/corner for personal belongings, private shower & toilet.
- Move around freely Have a bath (spa size) and shower Accommodate partner and other kids Fridge/kitchenette Sit somewhere other than on a bed
- Showers, large bath, room to walk,
- Have a birth pool. Be aware that no one will keep entering my room and that my privacy will be respected. Ability to have my support people with me no matter how many (within reason).
- \*Birthing pool. \*Space to move around for the labouring Mum as well as for any other children. \*large shower spaces so the Dad can also get in. \*big windows for natural light with nice views and perhaps access to a private outdoor area. \*a play area with TV etc. for children.
- 1. Water birth 2. Walk around 3. Children's area 4. Family members present Comfortable waiting area (with comfortable chairs) for antenatal appts
- Must have birth pool!!! Access to music and dimmer lights. Large shower. Couch with access to yoga mats and birthing balls.
- Pool, walking,
- Birthing pool, shower, invite in other family members.
- Move freely Not hear other woman birthing Large bath Removable shower heads
- Include family members especially other kids are great Pool Have a place where mums and breastfeed with other mums. Get a lactation nurse to speak to all will help them feel comfortable breastfeeding in public. Having a shower! Even bath would be nice
- Move around freely. If you want to birth standing up (like me) you need something to lean on-high bed, shelf etc. Ensuite. Radio/TV/speakers/wifi. Room for hubby (comfy sofa). Small table and chairs to sit and chat/play cards etc.

- Shower and birthing pool, plenty of space to move and share with family but knowing they have somewhere nearby to go as well.
- Be in a birth pool, double HOT shower with partner, roll around on fit ball, annex tucked away for other children to rest/play, have privacy if need
- Be able to access shower and birth pool have plenty of room to move freely with privacy option for families to have extra support including children. If there was a playroom children can access if labour gets a bit much for them so they can unwind. This room could be utilised during pregnancy visits so it can be a familiar environment for the child to go to
- Birthing pool, shower, play music, have family members present, perhaps a television for distraction purposes.
- Shower, birthing bath or pool is a good idea as if someone is using the bath you still have the option. A fit ball came in handy for birthing in shower. Own bathroom, space in room to spend time in after.
- Birthing pool. Showers. Birthing balls. Adjustable bed, cooling/heating, music, healthy snacks available.
- 1. Move and be free to assume any position 2. Eat, drink, and relax 3. A private moment/ room for my partner and I to regroup and celebrate the moment 4. Dim lighting 5. Hot shower and Birthing pool
- Bath space. Big showered with triple head. Play area for other children.
- Birthing pool. Access to a private bathroom in each room Space for family
- Birthing pool in a private space. Move freely with lots of areas to lean over onto while standing. A bar to hold onto to assist the squatting position. A fridge. Birthing ball and stool. Shower.
- Birthing pool, water feature and sound of water, low warm lighting, fish tanks as fish are calm, lounge chairs for husband/birthing partners, lots of space.
- Birthing pool and shower. Actively move and birth. Birthing stool and ball. space for family members to be involved
- Comfortable and usable and private bathroom facilities- such as showers or baths that may end up being utilised at time of delivery. Comfortable resting spaces for family/birth partners. Flexible visiting hours. Separate areas such as TV rooms, sitting rooms during a long labour. Crèche type facilities
- Take a shower, play area for other, room to walk around
- Birth pool, move freely, fresh air, cushions/beanbags, homely with comfy couches.
- Birth pool, medical equipment accessible but not on view, dimmable lights/good blinds and windows, open space to move around and equipment for active birth, mats, fit ball maybe even slings from ceiling to weight bare
- Birthing pool, mats, fit balls, ropes.
- Shower, pool, ability to leave the area, separate zone for family with access to facilities
- Shower Pool/bath Room to move Large bed
- Birthing pool, space for family, large shower, feel spacious and feel supported
- Take a shower, move around freely, be able to sit on something other than a bed, room for a yoga mat and fit ball
- Take a shower, walk around, have a bed or chair for family members to rest/sleep in, play music,
- Room to move around including accessories to help with active birth (fit ball etc.); birthing pool (at minimum bath and double sized shower in ensuite); parking for support person(s); area for other family not involved in birth to wait that is comfortable; ability to play music.
- Birthing bath Shower Music Aromatherapy

- Make my own cuppa (or family to have access to do so), birth pool plus shower head, big shower for moving if pool not comfy, freedom of movement and accessories to promote repositioning and staying upright
- Birthing pool in the birthing room not in a separate room. Shower and toilet in pool room too. Rope from ceiling to allow women to pull down on and support her in squat position. Lounge / pull out couch in the birth room for support people / family. Large free spaces for floor mats, birth balls, for free movement and labouring / birthing.
- Double headed showers i.e. one for back that is removable from the wall plus one for the front of Mum, birthing pools preferably round with underwater lighting, space for children, lounge and kitchen for family to use
- Shower, partner massaging, large bath tub
- Move around freely, birthing pool, family welcoming including children
- Birthing pool, tens machine, fit ball, space for family members outside the birthing space, shower.
- Birthing pool large warm shower/bathroom Space for children Include family a tiny kitchen corner (mini fridge, kettle...)
- Have a birthing pool available, a shower, make a cup of tea, heat up a home cooked meal, have a place for my partner to rest.
- Birth pool Large shower space Meditation space and music Real food ( not snack boxes) Enough staff to offer one to one care
- Birth pool use, shower, have family /support people not limited to two only, child friendly, privacy
- Birth pool Spaces comfortable to stand sit walk lean relax Shower Kitchenette with fridge
- Areas where both the family can be involved, but can also go to if the mother wants theme out of the room. Kitchen facilities.
- Move around Play music of my choice
- Relax and feel at ease Shower Space for birth pool Enough space for families
- Being able to move about freely Water - birthing pool and shower Space for family. Partner and other kids need to be just as comfortable for the whole experience
- Shower, water birth facilities, sensory distraction (like the Snoezelen room at Osborne park hospital)
- Birthing pool large bathroom shower. Space around toilet, with handrails. Access to coffee tea facilities. Fridge for food storage.
- Large birth pool, a mattress that encircle half the pool so that getting our for VE's or just getting out is easy. A rope or hammock from the ceiling to pull or lean over.
- 1.Be in water (shower or bath) 2 being able your move about without being strapped in bed to a monitor 3. Being able to have more than 2 birth support people so you don't have to choose between 2 supports or only 1 support and a photographer 4. Space for family members to rest or relax 5.comfortable bed and chair
- Birth undisturbed, limit staff entering the space, personalise the space, access to water, access to natural light.
- Large room, hospital type equipment including bed in one corner that could be curtained off. Use of mats, balls, showers, bath/pool. Hypnobirthing
- Access to a window to see outside, large enough area where family or support can join you. Shower facilities, music facilities
- Space to move, facilities for food and drinks., family facilities,
- Shower, bath, birthing pool, massage chair, big enough to walk around

- All your examples plus bean bags and USB ports for charging devices.
- Shower, big bed, birthing pool, mats etc.
- Deep birth pool. Shower. Fridge for snacks and drinks. ability to birth where wanted
- Move around freely, members of family/support present
- Shower, birth in water, have whoever you want there including children, no restriction to your room so open concept area the whole birthing centre should be open and like a house, ability to have food made for mum after the birth maybe a hearty soup in crock pot and crusty bread and butter waiting all day for mums first meal after birth.
- Birthing pool, light dimmer, scent steamer, comfy bed, ensuite to clean up in
- As above answers
- Birthing pool, shower comfortable places for guests/support people to relax and amenities,
- Shower Bath/pool Structures to lean on and squat with Kitchen Garden
- Shower, bath, listen to music, diffuse essential oils, have space for partner and family. A space for older siblings. You
- Be in a birthing pool. Move around freely. Unlimited support people, space in the birthing room for family to relax as well during the labour. An area for other children, family room
- 1. Birth pool 2. Move around freely 3. Shower 4. Space for partner/doula/midwife 5. Large bed to be able to change positions and be comfortable
- Water - pool and shower Garden space - to get fresh air Space enough for family to be there without being on top of each other Proper music systems that work with Bluetooth and wired up
- Birth pool top priority, family accompanying, move around freely with options for positioning (i.e., rope from ceiling, fit ball), access to fresh air/outside
- More opportunity for birth pool (I had a natural water birth and recommend it to anyone who is able but staff were limited in training so was lucky to have the opportunity), definitely ability to shower/move around freely

#### Q4. What sort of services or programs would you like to access?

- Calm birth classes, lactation support
- Ante-natal classes and lactation support
- Lactation support ante natal classes
- IBCLC, library, Baby wearing classes, counsellors for birth trauma.
- Natural birthing support classes/ information sessions, pre and antenatal sessions, lactation support, postnatal depression support classes, mothers group
- Pre and postnatal physio and exercise
- Detailed classes and education: ante- and postnatal. Lactation education and postnatal support. Evening classes so working peeps can attend. Information about ALL birthing choices and options, including homebirth and caesarean section. Information on doulas and delayed cord clamping. Postnatal support groups (5-10 people) for 'at risk' families (referred or self-referring).
- Prenatal classes, parenting classes, hypnobirthing/calm birth classes, IBCLC, consistent midwife
- Couples classes on maintaining relationships, physiotherapy, antenatal class, prenatal, child birth, yoga plates, lactation support
- All of the above. Home visits A phone number to call with questions and concerns Lots of assistance breastfeeding Continuity of care
- Child birth education classes focusing on techniques to use during labour and the role of the support person Lactation and postnatal support Access to physio for pre and post-natal assessment and support Post-natal home visits
- Lactation Support More informed child birth education
- Hypnobirthing Antenatal education Lactation Pregnancy yoga Pregnancy healthy eating
- Pre and post-natal classes, anxiety and depression support before and after birth.
- All of the above for those who need them. Pre and postnatal exercise group. Would really like to see postnatal classes or a post birth session to debrief after a challenging birth, up to six months after the birth when the mother/family is ready.
- Antenatal classes, lactation support, hypnobirth classes, natural child birth classes and info on birth option for when things don't go normally
- VBAC FRIENDLY! E.g. ability to centralised ctg monitor for women seeking an fbc environment but fall into higher risk category. Antenatal clinic appointment & classes Lactation clinic Childbirth education Ultrasound/doctors room Postnatal check-up room Waiting room for other family members not in the birthing room
- Prenatal education, hypnobirthing courses, postpartum supper groups, lactation support
- Lactation support is always a big one
- All of the above, including hypnobirth, counsellor, psychologist.
- Childbirth education, including independent classes such as hypnobirthing, soundbirth etc. Lactation consultant. Chiropractor. Psychologist / councillor. Birth Photographer. Prenatal Yoga.
- Hypnobirthing Good quality bf classes Good quality pre-natal and parenting classes Bf advisors Integrated OT, physio, GP with good maternal health training
- All of above
- Continuity of care for all risk women. LC. Education on Choices for childbirth. Self-referral.
- Pre-natal and antenatal classes. Post party physio and other support if needed. Support to do kangaroo mother care and continuous skin-to-skin with newborn
- Pre and antenatal classes, depending on the content (should be co sister with promoting a physiological, evidence-based birth). Lactation support is generally grossly under provided. Pre-natal mother's group (because who has time once they have the infant?)

- All of those plus classes on natural solutions e.g. using high quality essential oils in pregnancy, labour & birth, lactation & baby care too.
- Child birth education without the hospital policy bullshit. Lactation support. Let's normalize long term breast feeding. And antenatal care
- All of the above should be available, however as a midwife I wouldn't be accessing these myself.
- All of the above
- Antenatal classes, lactation support, physio, postnatal classes
- Midwife led prenatal classes. Prenatal yoga. Lactation consultant before birthing! Ante natal support for new parents that is consistent and follows the family home.
- Definitely need access to ongoing lactation support (we need more BF centres), education specified to the birth centre and all the normal ongoing throughout pregnancy, birth and beyond. Would be amazing to offer ongoing care up to 6 weeks post birth
- A birth centre needs tailored antenatal education as the "hospital type" is not adequate or comprehensive. Full complement of EVIDENCE BASED education on all things pregnancy, labour, delivery & postpartum that is not biased against hospital policy. Clients need empowerment to make informed decisions.
- LC Ante natal classes Hypnobirthing classes
- All of the above. And morning tea etc. to meet all the midwives in your group.
- Antenatal classes, child birth prep classes, lactation consultant and classes, women's physio, mental health support
- Hypnobirthing classes. Lactation classes. Post-partum nutrition and wellness
- Antenatal/post-natal education Childbirth preparation classes Lactation support Pre and post-natal yoga or exercise classes Women's health physiotherapist Mother's groups Ante natal and post-natal Counselling
- Antenatal classes including breastfeeding classes as per ABA, LC support, hypnobirthers
- Lactation education and support, prenatal, antenatal, and labour and birth classes. Yoga and physiotherapy classes. On-site counselling. On-site doctor clinic
- Lactation support (one pre-natal session and a session with an International Certified Lactation Consultant on the day of birth) Hypnobirthing and Hypnobabies classes Tour of Facilities available Child birth education
- Admitting rights for CMP and private midwives! Pre conception, pregnancy education, birthing classes, alternatives for pain relief e.g. hypnobirthing, aromatherapy, acupuncture; breastfeeding classes antenatally, special classes for marginalised communities e.g. Muslim, queer.
- Hypnobirthing, lactation support
- Birth education/classes Access to a Lactation consultant Birth related mental health support (for depression, PTSD etc.) Antenatal classes
- All of the above.
- Ante natal Lactation consultant support Different birthing options always provided in each room Experienced and qualified midwives who are all trained I. Water birth as well who can advocate for Mother's birthing plan
- Yes pre-natal and lactation ongoing support Q&A expectations Freebies/ brand information e.g.: QV Skin care, massage oils etc.
- Yes prenatal classes- Pilates/yoga. Lactation support a must. Definitely post-natal physio programs and group exercise! After having my second baby I couldn't believe I couldn't access such a program when King Edwards's hospital has. This is severely lacking south of river.
- Again all of the above mentioned

- antenatal classes/ tours with a group midwife in continuity model Lactation consultant if required
- Prenatal, lactation, physiotherapy and nutritionist
- Prenatal and post-natal classes/workshops including 1:1 and groups, space for doulas etc., child birth education, lactation consultants
- Birth education
- Antenatal classes and definitely lactation support
- More free birthing rights for parents Photographer/video access and allowance Pre-natal and Ante natal classes that also focus on free birth Support to new Mums and Dads for after the baby is born and at home Post-natal depression support Grief and loss support Lactation support Meal services
- All of the above- especially breastfeeding education & support (ante & post-natal) maybe some pregnancy exercise/yoga classes? Meditation/mindfulness classes? Classes similar to gentle birthing/hypnobirthing classes?
- Hypnobirthing classes!
- Lactation support. In depth antenatal classes (minimum 8 hours of content). Help preparing birth plan. Option to stay for 1 or 2 nights after the birth.
- All of the above, particularly breastfeeding help.
- Lactation support, post-natal mental health support
- All of above, plus at home follow up for 6 weeks post birth
- Prenatal Lactation Child birth these are all great programs I would love both mums and dads to attend. Maybe even intro a sibling's class!!
- Pre-natal course good to meet others. Post-natal course for support e.g. baby massage/ Ngala type courses. Nearby lactation support
- Midwife anti-natal care to the home, therapy pool, pre-natal classes and familiarisation with the suites, lactation consultants, mindfulness classes pre birth
- Postpartum education and support services!! Postpartum physio therapy services. Lactation support. Birth plan education support
- Everything pregnancy birth and early parenting related. If not at the centre to still have free access to FSH services for things such as lactation support physio
- All antenatal classes, postnatal breastfeeding support, and similar to the FBC at KEMH - morning teas to meet other women.
- All of the above
- Antenatal classes, lactation consultant, yoga/Pilates classes antenatally and post-natally if there is a room to facilitate.
- All off above
- All of the above. Maybe even facilities for a six week catch up with our babies. Use of the fiona Stanley facilities for a mother and baby physio/pool function
- Ante-natal Birth education Lactation consultants Mental health support ante and post-natal Ongoing postnatal support up to 6? weeks PP
- International board certified lactation consultants. Independent midwife admission rights. VBAC at the family birthing centre. Homebirth program.
- Birth education as far as rare things that happen like what is a prolapsed cord including a full prolapse. Might be rare but women need to know what to do. Also, swollen cervix [oedematous cervix] and how to avoid it happening. pre-natal, ante-natal and lactation and SELF advocacy when it's your first baby....when you tell a midwife your baby doesn't open its mouth to feed

being told it's your fault is NOT helpful! Especially when you are proven correct!! Teach about kangaroo care for preemies as well as full term care!!!!

- Lactation clinic. Drop in antenatal clinic days to discuss concerns that may pop up. Child birth classes
- Anything at all required to educate new parents- child development, lactation, fitness and health after pregnancy, family planning
- Lactation support, both pre and post-natal, paediatrician
- DECENT non-fear inducing birth classes...much like what The Bump offered who sadly closed...their services were INVALUABLE!!! Hospital run birthing classes are awful. They put fear into women and their partners and they lose sight of natural birthing. Please, I beg you, to run decent positive, supportive, education classes. Offer hypnobirthing too. Offer 1:1 chats with midwives. Dad classes...again refer The Bump, their dad 2 dad classes were awesome, run by a male midwife too.
- Really comprehensive antenatal education so women can make informed choices, lactation consultants and breastfeeding antenatal classes. Access to a known midwife or team of midwives
- Tailored education for birth centre clients focusing on natural pain relief remedies i.e. hypnobirthing etc.
- Independent classes, Lactation support. Important to recruit from wider pool, not from within the institution that has a specific culture. Need to Dilute the culture and have fresh perspectives as a toxic culture often produces staff that are exhausted or that culture or perception of risk has become the new normal
- Pre-natal classes, ante-natal classes, lactation support, child birth education, hospital tours pre birth
- Hypnobirthing, lactation consultant, information, childbirth education
- Pre and post-natal classes, lactation support,
- Lactation support from an IBCLC, ante-natal classes, infant and child first aid
- Antenatal classes, active birth education (physio and midwife led), home visits following birth, midwife team-led (with allocated primary midwife to optimise continuity of care), lactation consultant with home visit capacity.
- Active birth classes VBAC classes Hypnobirthing classes Breastfeeding classes Prenatal classes for the dads Postnatal support groups for mums and one for dads Reducing fear of childbirth classes Midwife clinics Postnatal home visiting Service Lactation consultant Dietician support Newborn sleep and settling classes Child Health clinics
- Antenatal classes, prep for breastfeeding class, lactation consultant post-natally, physio access, tour, home visiting service. Hypnobirthing support, or physiological focus on birth.
- Ante-natal classes by Midwives or Child birth educators, Post-natal mums and bubs groups, Lactation consultations, Hypnobirthing classes, Active Birth workshops.
- Government funded Lactation support+++++!!! Child birth and 4th trimester education, case loaded MGP, admitting rights for private midwives to admit public patients!!!
- Birthing techniques workshop,
- Independent childbirth education, lactation consultant, pregnancy yoga
- Yes. All of these are essential. Delivered by midwives from the birthing centre. It is important to have continuity of care so women feel like they are birthing with someone they know and trust.
- Lactation support mental health support a list of post-natal doulas and other services (cleaning, warm meals...)
- Lactation support is in my opinion the most beneficial in the long run.

- Childbirth education Breastfeeding classes and drop in
- Prenatal, antenatal/childbirth classes, mums and bubs and midwives gatherings, appointments at home or centre, lactation consultant support,
- Classes including hypnobirthing Lactation Consultant Mothers group Midwife drop in
- Mother child support for new mothers that don't have family support.
- Prenatal classes Mother's group
- Education classes Doula services Breastfeeding support for up to 6 months Complementary therapies would be great too
- Lactation support Physio support classes pre and ante natal Pilates for pelvic floor support
- A series of FREE antenatal classes to prepare for parenting, labour and birth as well as breastfeeding just like KEMH and most other hospitals offer (currently at FSH there is only 1 or 2 and do not prepare you at all). Breastfeeding support service like KEMH breastfeeding centre not just one clinic that is always booked out (currently the case at FSH)
- Lactation support, clinics. Community nurse access/clinic.
- All of the above. And a postnatal class where mums are encourage to come back in subsequent weeks
- Hypnobirthing classes, intensive lactation support pre and postnatal classes for all birthing option with unbiased educational tools
- home antenatal appointments, continuity of care by a known midwife, subsidised independent birth education, access to information about non-government services that are evidence-based and not provided by the public hospital system
- Hypnobirthing, yoga, parenting classes, breastfeeding class and a staff midwifery circle to debrief once a month.
- Prenatal classes where all birthing options are discussed with clients. Post-natal support, lactation consultant
- All of the above, physio and MGP groups
- MGP Pre Natal, ante natal, lactation support child birth education
- All of the above plus getting the car seat checked and how to put a newborn in securely for the first time.
- All of these
- all
- Prenatal, postnatal, breastfeeding support, VBAC support
- Lactation support, full orientation to the centre so that you know all the facilities that are at your disposal for your birth, doula mixers where mums can meet doulas, mum info gathers such as having placenta encapsulation reps, doulas, post-natal doulas, bio urn rep, sound birth, yoga, belly dancing, PPD support rep, lactation consultants and specialist, etc.
- Pre-natal classes, Hypnobirth birthing, doula, IBCLC, tongue tie assessment,
- All of the above as well as access to postpartum doula & supports post birth
- Antenatal education, lactation support, less medicalised child birth education (fear inducing), postnatal education, friendly meet ups for post-natal women
- All of the above. Active birthing. Physio/Pilates
- All of the above
- Lactation support, antenatal classes, education classes, pregnancy yoga/relaxation, mental health services/classes, young parent support
- Pre and post-natal support, midwifery led care, lactation support, follow up care at home, and support for partner.
- Child birth education is important Antenatal classes General post-natal education

- Comprehensive birth education, breastfeeding support with a qualified and up to date IBCLC, comprehensive follow up, Doula/birth support network links, women's health physio
- All of the above plus more info about doulas and student mid wife support