

Midwife designs birth mirror to encourage more normal births

Submitted by: Kent Midwifery Practice

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Howes Birth Mirror

- An aid to normal birth
- No glass
- Designed by a midwife

Virginia Howes (<http://www.kentmidwiferypractice.co.uk/2006/virginia.htm>) an Independent Midwife from Ashford in Kent, has developed a specially designed stainless steel mirror without glass to use in childbirth. Virginia hopes to sell the mirrors to maternity departments and birthing units around the country to help increase the countries low normal birth rate. The Howes Birth Mirror has been design-protected and is now ready to go on sale in the UK.

Virginia who runs Kent Midwifery Practice (<http://www.kentmidwiferypractice.co.uk/>), one of the busiest private midwifery businesses in the UK, said "The mirror is made from highly polished stainless steel so it can be sterilised unlike glass mirrors, it will not break, has no sharp edges and is angled so a there is a good view of baby for midwife and mother in whatever position the mother chooses to birth in"

Virginia is hoping that consultant units, birthing centres, midwives and women will purchase a Howes Birth Mirror (<http://www.kentmidwiferypractice.co.uk/2006/shop.htm>) "I am not an entrepreneur, nor will it make me a lot of money; it is just good midwifery sense and hopefully will help midwives encourage women off the bed, off their backs and bottoms and into positions conducive to a healthy more rewarding birth."

Background

Most women in the UK give birth lying on a bed, which physiologically, in most cases is the worse position to give birth. It may be the ideal position for the midwife or doctor but increases pain, length of labour and trauma.

Unless instructed otherwise women will instinctively adopt a forward leaning position during childbirth, either standing, on all fours, squatting or she may be in a birth pool. All of these positions can restrict the view of the birth process for the midwife often leading to a woman being encouraged into a back-lying position. This is counterproductive to natural instincts and can lead to intervention or complications. A mirror therefore is a handy tool in a midwives birth kit.

Glass mirrors break which can be dangerous and costly. Plastic frames crack when washed at high temperatures and cannot be sterilized so could be harbouring harmful bacterium.

The mirror is a perfect size, shape, weight and angle to assist the midwife as well as the mother to view

the advancing baby in the birth position of the birthing woman's choice. It has a comfortable handle should the midwife or birthing mother want to hold it in position.

A picture of the mirror available for download here:

<http://www.kentmidwiferypractice.co.uk/2006/downloads/mirror.jpg>

The mirror is available to purchase from Kent Midwifery Practice

(<http://www.kentmidwiferypractice.co.uk/>)

For More information call virginia Howes on 01233647994 or 07747723560

www.kentmidwiferypractice.co.uk