

If you choose to find alternatives to the normal way birth is handled in North America, you will find it requires effort, perseverance, fortitude, and other investments of your time and/or money. Advocacy generally requires a great deal from you, so you had better be motivated. You and your partner are the consumers, and you should have a say in your care. You are paying, or your insurance provider is paying, a great deal of money, for the birth. They as well as you have a right for cost effective and safe services. If you approach your insurance company with data, you may even be able to broaden your choice options.