

*“The perfect attendant does not exist, but you can find someone with whom you can develop a comfortable relationship. What’s more important than finding the “perfect attendant” is realizing that working with a midwife—especially when planning a home birth—is a matter of personal responsibility. You will need to be actively involved in your own prenatal care and education—eating well, resting, exercising, and educating yourself. No birth attendant in any environment can control the labor you have, how your birth goes, or the outcome. No birth attendant can give life or prevent death—some things are beyond human control.”*

*—Aviva Jill Romm*