

What is a Midwife?



- Midwives are experts in health, pregnancy and birth.
- Midwives take a four-year baccalaureate program to enter the profession.
- Midwives provide government-funded primary care to pregnant people and their newborns.
- Midwives provide care to support the health and safety of you and your baby from early pregnancy until six weeks

Prenatal Care

Regular Appointments | Physical Examinations & Assessments | Ultrasounds | Routine Blood Work | Emotional Support | Ordering Prenatal Lab Work & Screenings | Prescribing Certain Pregnancy-Related Medications | Visits approximately once a month, increasing in frequency as the pregnancy advances

Care During Birth

Choice of Birthplace | Bring Medical Equipment and Comfort and Pain-Relief Options to Out of Hospital Births | Monitor Your Baby Closely | *Access Emergency Services | *Collaborate with Other Health Professionals **If needed*

Postnatal Care

Monitor & Assess You and Your Newborn | Provide Postpartum Care | Explain Next 24 Hours | Visit for First Follow-Up the Next Day | Continue to Provide Care Six Weeks After Birth

Midwifery philosophy:

The practice of midwifery is based on the understanding that pregnancy, labour and birth are profound experiences, which carry significant meaning for an individual, their family and their community.

Midwifery is...

- Grounded in the principles of health and wellbeing.
- Traditionally holistic.
- A partnership based on mutual respect.
- An active encouragement of informed choice.

Regardless of where you choose to give birth, a midwife will be by your side throughout your birthing journey.

**Honouring Your Body,
Your Birth,
Your Choices.**