

Midwifery Q&A

How can I get a midwife?

You can apply for midwifery care at any time during your pregnancy through the province-wide registry. If you do not have an Alberta Health Care number, please contact the Provincial Midwifery Administrative Office to see if midwifery care can be arranged. If you are a refugee covered by the Interim Federal Health (IFH) Program, midwifery services are free under Basic Coverage.

How long does it take to get a midwife?

After adding your name to the registry, a midwifery clinic will contact you directly. The average time to hear back from a midwifery clinic is two to three weeks. If you are not accepted into care by 10-12 weeks of gestation, we advise seeking prenatal care with a physician.

What education and training do midwives have?

Midwives are highly skilled and educated professionals specializing in low-risk perinatal care. Registered midwives hold a Bachelor of Midwifery degree (or its equivalent).

When and how often will I see my midwife?

Midwives typically welcome clients into care between 8-10 weeks gestation at an initial appointment. They are then seen every 4-6 weeks until 28 weeks of pregnancy, then every two weeks until 36 weeks of pregnancy. Thereafter, they are offered weekly visits until childbirth.

How safe is midwifery care?

Midwives are primary health care providers and are considered experts in normal pregnancy, birth and the postpartum period. There is a large body of evidence that supports midwifery care as a safe choice for low-risk healthy pregnant people.

Do I have to pay for midwifery care?

Alberta Health Services fully funds midwifery services for Albertans. However, the demand for midwifery services currently exceeds public funding. This means that, although you need not pay out-of-pocket for midwifery care, not everyone who applies for a midwife is able to obtain one via the public health care system. Some midwives will provide service for private pay.

What is the difference between a midwife and a doula?

A Registered Midwife, like a physician, is a primary care provider. Doulas provide continuous emotional and physical support to the client and their family as an addition to the birth team. Doulas do not receive medical training, do not provide medical care and do not catch babies.

Can I have a midwife and give birth in a hospital?

Yes. All Registered Midwives in Alberta maintain hospital privileges so they can provide comprehensive care in all settings.

How is midwifery care regulated?

Midwifery has been a regulated profession in Alberta since 1998. The College of Midwives of Alberta is the regulatory body responsible for the registration and practice of midwives throughout the province.

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

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