

## Welcome!

I am thrilled that you have invited me to share such a special and exciting time in your life. In order for to better understand my practice and the way midwifery works, I would like to list the goals, objectives and beliefs of my practice.

- Provide safe, satisfying and economical maternity health care for women and their families.
- Recognize that childbearing is a family experience and encourage the active involvement of family members to the extent that the woman desires.
- Support and uphold the parents right to as much self-determination and as little intervention as possible, without the boundaries of safe care.
- Strive to create a calm, comforting and reassuring atmosphere for pregnancy, birth and beyond.

## What I Believe

- I believe midwifery care is a friendly partnership between midwife and a woman and her family.
- I believe pregnancy and birth are normal processes and my definition of normal is broad. My underlying assumption is that all is normal and will remain so until proven -otherwise.
- I believe that each woman is unique and deserves care that meets her needs and desires.
- I believe that, for most pregnancies and births, medical intervention is inappropriate and may result in unnecessary complications for mom and baby. There are occasions when these interventions may be necessary, but they should be rare.
- I am not “anti-doctor” or “anti-hospital”. When intervention is necessary, I am very grateful for skilled doctors and nurses, modern medical technology, surgery and hospitals. I never hesitate to refer to a physician or to transport to a hospital when necessary.
- I have a relaxed style and strive to create a calm, comforting and reassuring atmosphere for pregnancy, birth and beyond.
- I encourage women to trust themselves and believe in their ability to give birth and be good mothers.
- Finally, I believe in the power of both a good laugh and a good cry!