

# Prenatal Care

Preggers Can Be Choosers PLLC is passionate about the **Midwifery Model of Care**. Prenatal visits are scheduled for an hour (first visit runs 2 hours). Forget the days of waiting an hour for a five minute appointment. We honor your commitment and value the time we get to spend together. Prenatal appointments are located at the Preggers office and is intended to be intimate and bonding experience. Visits are collaborative, interactive, and individualized. Family and friends are always invited. This is your visit, make it what you want it to be.

Each prenatal appointment includes

- Assessment of the fetal heart rate
- Pregnant person's vital signs (blood pressure, pulse, weight)
- Fundal height measurement and fetal positioning
- Consistent assessment for risks
- Mental health assessment
- Open communication and discussion about nutrition, exercise, emotional status, common discomforts of pregnancies and recommended therapies, education, and questions.
- Any labs needed are drawn and referrals for ultrasounds (Lab fees and US paid by pt or insurance)
- At least one teaching topic.

Appointments

- Every 4 weeks up until 28 weeks
- Every 2 weeks until 36 weeks
- Weekly appointments from 36 weeks until birth.
- Home visit (37 weeks, 48 hours postpartum)
- Office visits (2 week, and 6 week postpartum.) More PP if indicated.

Bodywork & Fitness

- One prenatal Arvigo Mayan Abdominal Therapy session
- One Labor Whispering session @39 weeks
- One Postpartum Massage, used before end of care at 6weeks pp
- [MommaStrong.com](http://MommaStrong.com) membership for one year

Mental Health

- AfterBirth ~ 4th and More online postpartum support group
- Elephant In the Womb online group prenatal ed and support
- Archives in Video and Podcast of past teaching topics and support

# Labor, Birth, and Immediate Postpartum

Your midwives will be accessible 24/7 to you for labor support. Although we highly recommend a doula, we are passionate about labor support and love this aspect of our relationship with you.

In labor you can expect

- The midwife to come to you for labor and birth
- The comfort of your home
- High touch/Low technology care (unless indicated or desired otherwise by patient)
- Minimal intervention (unless indicated & always discussed)
- Minimal cervical exams
- Intermittent fetal monitoring with a Doppler
- Monitoring of vital signs of parent
- Freedom to choose who catches your baby (we encourage mom or partner to catch)
- Delayed cord clamping
- Skin to skin bonding
- Breastfeeding support
- Newborn assessment done
- Suturing if needed (2<sup>nd</sup> degree or less)
- Herbal bath (if desired)
- Vitamin K injection and erythromycin ointment are available
- All birth assistants have current CPR and NRP training
- Shared decision making
- A birthing pool is available, we decide this ahead of time
- We encourage eating, drinking, and movement during labor
- Additional helpful hints: a doula, birth photography/videography, music playlist, affirmations, any support people you feel comfortable having at your service
- A well thought out and discussed transport plan (Midwife will transport with you if desired if transport to hospital becomes wanted or needed)
- Raw, encapsulation placenta prep if desired

## Postpartum Visits

- Holistic postpartum evaluation for parent (assessing physical and emotional well being)
- Evaluating newborn
- Breastfeeding assessment and any needed support
- Mental health screening
- Newborn screen done at home visit if desired
- Belly Binding
- Encapsulated placenta delivered
- Birth certificate filed within one week of birth
- Hearing exam referral given

Moving forward ~ if we are the team for you, let our admin know, and schedule your first appointment. That one runs long as hell, 1-2 hours, but we have some critical ground to cover. Release of previous records, especially a surgical birth, and in general getting on the same page with consents and contracts. At this visit a \$700 deposit is required. The global maternity fee is \$5.600, to be paid in full at 36 weeks. If the full fee is not paid by 36 weeks a transfer of care will be initiated. I'll send you the most recent contract after this interview upon request.

Real talk ~ my practice is exploding in a way I had not anticipated. If Preggers is the right fit for you, let me know asap so I can reserve your spot.