

HOME BIRTH CARE

Services

Prenatal Care is scheduled regularly; once a month until the seventh month, every 2 weeks in the 7th and 8th months, and every week until delivery from 36 weeks on. I schedule my prenatal visits on Tuesdays or Thursdays, during the day. I will do one prenatal visit in your home at 36 weeks, with the rest of the visits in my home office. Physician visits may take the place of some of these. During visits the midwife will monitor: weight, blood pressure, fundal height, pulse, urinalysis, position of the baby, fetal heart rate, physical changes and complaints. Each visit is scheduled for 45 minutes. The first visit and the home visit may be as long as two hours.

We will spend a lot of time together during prenatal visits establishing a trusting relationship. We will become partners in a shared responsibility. You will accept the responsibility to do the best you can in terms of nutrition, exercise, elimination of stress, taking necessary supplements, educating yourself about pregnancy, birth, and baby care. The midwife accepts the responsibility to guide you and offer suggestions when needed, to be attentive and alert to signs of impending complications, and to answer your questions honestly and directly.

Can we interview you before we decide to hire you?

Yes, certainly. I am happy to arrange an appointment at a time both mother and father of the baby can come. If you like, we will do a regular prenatal exam at that time. *The charge for the interview visit is the same as for a regular prenatal visit - \$35.00.*

Do you take my insurance?

Most non-HMO plans reimburse for Licensed Midwife services. To determine your eligibility for Licensed Midwife and home birth reimbursement, use *the insurance information sheet* on my website to guide your questions. Madison area HMOs (Dean, Group Health Cooperative, Physicians Plus, Unity) do not offer coverage for Licensed Midwives or home birth. Blessed Beginnings, Inc., is not a participating or in-network provider with any insurance company.

What is a good time to come for the first visit?

I would really like to see you as early as possible in your pregnancy. Early prenatal care allows me to get baseline blood pressure levels, confirm your due date, monitor growth of the fetus, and help you with early pregnancy concerns such as good nutrition, education on things you should avoid in pregnancy, and control of nausea and vomiting. We can do your initial labs at this visit if you want, or you can do them with your physician. If you have been seeing another care-giver, and decide to switch to homebirth, please bring a copy of your prenatal care records with you to your appointment.

Finding a back-up physician

A back-up physician is recommended for the following reasons; if there is an emergency the transport will be much less traumatic if a doctor has seen you prenatally and agreed to care for you if you needed it. If something unusual comes up in pregnancy we will have a resource for further testing. At the initial visit with the physician necessary lab work can be obtained unless you would rather do this with me. Often the physician is more receptive to being "back-up" if you don't use those words. Rather, tell him/her that you are planning to birth at home at a midwife, but that you would like to know if he/she will meet you at the hospital if there are any problems during your labor or after the birth. You might want to talk to me and find out which physicians have been willing to do this for other women. Some physicians will assist you with prenatal concerns, but are not willing to be on call for your birth. In this case, we would use the on-call OB at the hospital we transport to.

Childbirth education

This is important and also a large part of what is done during the prenatal visits. I have a lending library and encourage you to borrow as many books as you need to educate yourselves about birth. You must be educated, in order to sign the Informed Consent document. If you desire I can recommend Childbirth Educators in your area.

Labor and delivery

I believe that childbirth belongs to the family, and my role is to be a helper to you at your birth. My assistant and I are guests in your home. I encourage you to explore the use of water in labor and for your birth. I see my role as a midwife being primarily to educate and advise, while keeping a watchful eye that all is proceeding optimally. During labor, we monitor the same things we watched prenatally with an increased emphasis on fetal heart tones, which are monitored intermittently throughout labor with a Doppler. We encourage the presence of siblings and do what we can to include them in the delivery if they are interested. A thorough newborn exam is done after delivery, as well as a perineal exam. I will remain until both mother and baby are stable and off to a good start, usually about 2 hours.

Postpartum

I will return about 24-36 hours after the birth to evaluate the mother and baby's welfare and breastfeeding. I will do another visit in about 3 days. State law requires that the baby be screened for several metabolic disorders within one week of birth. You may arrange for your pediatrician to do this test, or I can do it for an additional fee. All post-partum visits are included in the birth fee.

Home Birth in Wisconsin

Home birth in Wisconsin is completely legal. As of May 1, 2007, Certified Professional Midwives qualify for a state license.

Currently more than 1,000 babies are born at home in Wisconsin every year. That is just over 1% of all deliveries.