

We are a practice of 8 registered midwives. We provide primary care for women who have low risk pregnancies, and their babies.

## Midwifery Principles

### Continuity of Care

Midwives provide care to women and their babies throughout the entire childbearing process from early pregnancy up to six weeks postpartum.

Often a known care provider removes much of the anxiety from childbirth, which may result in greater client satisfaction and fewer interventions.

### Informed Choice

In midwifery care, the mother is the central decision maker in her care. Midwives provide on-going education including information about risks and benefits of procedures to support the decision making process. You are respected as the primary decision maker.

### Choice of Birthplace

You may choose to have your baby at Cambridge Memorial Hospital, where we maintain privileges, or in the comfort of your own home. Midwives are well equipped and trained to deliver babies in both settings.

## Ontario Midwifery

Midwifery care is founded on respect for normal pregnancy and birth as healthy processes and profound events in a woman's life.

Throughout pregnancy, labour, birth and the first 6 weeks after birth, clients have access to midwives 24 hours a day.

Midwives provide safe, personalized, evidence-based care. We can admit pregnant women to hospital, and provide care in both home or hospital, consulting as necessary with other health care providers.

### Q: Do I have to pay for midwifery care?

A: No. Midwifery care is completely covered by the Ministry of Health even if you do not have OHIP.

### Q: Do I need a referral?

A: No. You simply call the office to book an appointment.

### Q: Do I still see a doctor?

A: No. Midwives are completely responsible for all of your pregnancy care, including that of your baby.

### Q: How do I know if I qualify for midwifery care?

A: Most women qualify for midwifery care. If you are not sure whether you do, we encourage you to book an info session where we can determine whether you qualify.

### Q: Do I have to have my baby at home?

A: No. You decide where you want to have your baby. Although midwives are the only profession to provide home birth as a safe option, we are equally trained to manage hospital births.

**Q: Can I still have a midwife if I am under 18 or over 35 years old?**

A: Yes.

**Q: Does having a midwife mean I can't have anything for pain in labour?**

A: No. Although many midwifery clients deliver without drugs due to the extra support we provide, you still have the same options for pain relief in labour as you would with a doctor.

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## Catchment Area

We care for women in the following areas:

- Cambridge
- Ayr
- Doon Village
- Drumbo
- Paris
- Puslinch
- South Kitchener
- Sheffield
- St George

For more information  
please contact:

### **Cambridge Midwives**

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# CAMBRIDGE MIDWIVES



Providing care through early pregnancy, childbirth, and up to 6 weeks following the birth for women and their babies.