

Nine Short Months Doula and Midwifery Services *Initial Visit Consult*

Today's Date _____
Name _____ Age _____ EDD _____
Partner's Name _____ Phone _____
Address: _____
Email Address _____

As midwives, we feel it is very important to make sure you are aware of all the options available to you regarding your upcoming birth. We will keep you informed of the ways in which you will be able to take the responsibility to do the things that will help to make your birth be a healthy and normal one at home. Home birth bears with it some heavy responsibility, both for the midwife and for the birthing family. It is appropriate for women who are essentially low risk. This status will be made according to the MMA guidelines of practice.

(www.michiganmidwives.org)

The decision to give birth at home means that you are taking full responsibility for what is happening with your body, with your health care, and also your baby's health care and wellbeing.

The goal that we have together during a home birth is not only to achieve a home birth, but to have a healthy mother and a healthy baby when the day is over. In order to achieve this outcome, there are various responsibilities that both you and I must uphold.

Parent Responsibilities:

- To make informed decisions about your pregnancy and birth.
- To be committed to a healthy lifestyle, which includes proper nutrition, stress reduction, and an appropriate exercise regimen.
- To read as many books on pregnancy and birth from the reading list as possible.
- To breastfeed your baby, realizing that it has a specific physiological function from a homebirth perspective.
- You may not have a home birth if you are currently smoking, drinking or using narcotics of any kind.
- You are responsible to come up with an emergency back-up plan. You must be reasonably close to a hospital. You will put a list of emergency numbers by your phone, which should preferably be a land line, and accessible at all times. You need a car with gas in it when you are in labor. You need to mentally be prepared to go to the hospital if we deem it is necessary.
- To fully inform me of any pertinent medical conditions, and history as well as your feelings about home birth.
- You must attend all your prenatal.
- You are responsible to purchase the necessary supplies for a home birth which could also include lab work, an ultrasound scan, etc. when indicated due to your condition. These test are not included in your birth fee.
- Everyone involved in your birth must be totally supportive and must have a specific defined role. You need to have arrangements for child care for other children during the course of your labor and for at least 48 hours after your birth.