

Midwife means “with woman”. As nurse-midwives, we give you the personal attention and sensitive, professional care you deserve. Our philosophy is reflected in the personal care we provide. We take time to answer your questions and concerns, and offer information to empower you make educated decisions about your health and health of your baby. We believe that pregnancy and birth are normal events in a woman’s life cycle, allowing the opportunity for growth. We incorporate non-traditional approaches to health care, in addition to modern nursing and medical science, and draw upon a rich tradition of midwifery care. We truly value our relationships with our patients and encourage open communication.

## In keeping with this philosophy we believe the best model of health care for a woman and her family:

- Promotes a continuous and compassionate partnership
- Acknowledges a person’s life experiences and knowledge
- Includes individualized methods of care guided by the best evidence available
- Involves therapeutic use of human presence and skillful communication

## We honor the normalcy of women’s lifecycle events. We believe in:

- Watchful waiting and non-intervention in normal processes
- Appropriate use of interventions and technology for current or potential problems

Working with women and their families is a joy and a rewarding experience for us. CNMs provide prenatal, labor, birth including option of water birth, and postpartum care. We also provide family planning, preconception care, yearly gynecological exams, health maintenance, disease prevention counseling and peri-menopausal management.

### What to anticipate at your prenatal visits:

We will listen to baby’s heartbeat, measure your growing abdomen, answer your questions, and get to know you and your family!

#### First Trimester Visits: Every 4 weeks starting at 10-12 weeks

<b>Weeks 4-9</b>	Congratulations- you’re pregnant! Start taking a prenatal vitamin with folic acid. Confirmation of pregnancy visit, discuss due date, answer any questions. Come to the Initial OB Education Class.
<b>Week 10-12</b>	Initial OB visit- We will get to know you, answer any questions and talk about nutrition, exercise and other healthy habits in pregnancy. Discuss changes to expect in your body throughout pregnancy. An exam including: full physical (including a Pap if you’re due), listen to baby’s heartbeat, and lab work (blood and urine testing). Discuss ultrasounds and genetic testing options.

#### Second Trimester Visits: Every 4 weeks from 12-28 weeks

<b>Weeks 16-24</b>	Continue visits every 4 weeks. Get to know your midwives! Discuss fetal survey ultrasound- looks at baby’s organs (you can find out the sex if you’d like). May start to feel baby moving now!
<b>Week 24-28</b>	Discuss gestational diabetes, anemia, pre-term labor and promotion of a healthy pregnancy. Discuss options for childbirth education.

#### Third Trimester Visits: Every 2 weeks from 30-36 weeks, every week from 36 until birth

<b>Week 28-40</b>	Discuss birth preferences, ongoing self-care and preparation for birth. Discuss vaccines in pregnancy and postpartum.
<b>Week 35-42</b>	Continue to see midwife weekly to prepare for labor and birth. Screening for Group Beta Strep status. Review labor instructions and preparing for baby.



**Sarah Brown**  
Certified Nurse-Midwife



**Robyn Cox**  
Certified Nurse-Midwife



**Elizabeth Barry-Jensen**  
Certified Nurse-Midwife