



## Birth Agreement

It is a privilege for me to assist you with your prenatal care and birth. I am excited to get to know you and your family and want to provide you with the best care possible. My Philosophy is that pregnancy is not an illness and that women has the ability to give birth free of numerous medical interventions and complications. However, some problem that arise during pregnancy cannot be predicted. If at any time during your pregnancy a problem arises that is above may scope of practice, it is my obligation to collaborated with a physician, for you and your child's safety. I cannot guarantee a problem-free pregnancy, nor can I guarantee a problem free birth at the birthing center. It is my duty as a midwife to educate you and continually inform you of your health status, being respectful of and honoring your choices. Most problems fortunately are foreseen and may be averted by simple measures.

Giving birth is an enormous responsibility. A safe birth requires the combined efforts of both clients and midwife, with good communication and shared responsibilities. By making decisions about your birth and baby you are taking control of your body and health. The primary goal of any pregnancy is a healthy mother and baby. To achieve this goal, you and I agree to the following responsibilities:

You, the client, will:

- Make an informed decision about your pregnancy and birth, having carefully considered all your opinions.
- Examine and read everything in the information packet
- Actively promote a healthy pregnancy by maintaining excellent nutrients and health practices, including regular exercise, avoiding excessive amount of caffeine, tobacco, alcohol, and recreational drugs
- Obtain necessary lab tests
- Be honest with me, it is ok to disagree with me just know the benefits and the consequences of your decision and be ok with that.
- Ask question of all providers until you receive a satisfactory answer
- Fully inform me of your physical condition and history as well as your feeling and thoughts about your pregnancy and birth
- Call me if you are unable to make a scheduled appointment
- Provide a support person to free yourself of all duties for a least 7 days (Mental Health) after the birth – which is not your husband. Best is to have extra help while you are bleeding (Physical Health)



- Accept the responsibility of your birth in any setting, understanding that there can be some risk at the Birthing Center. Therefore, it is important that you accept the outcome from the choices you have made. No healthcare provider can eliminate all risk or predict the outcome for each birth. Additionally, accept the financial responsibility of birth in any setting
- Make sure to notify me as soon as labor starts. If it is safer for you, our baby and me if you call in plenty of time, and it allows me to adjust my schedule as necessary in anticipation of your birth. This requires mutual effort from all of us. When you ask me to come, I will come. If you are unsure, then please keep me informed. Occasionally, it is not humanly possible for me to arrive before the baby, but that is rare. You need me to come for your birth, PLEASE DO NOT BE PATIENT. You are hiring me to be there in time, but I need your help to do that.

I, the midwife, will:

- Set up visits, give proper information and answer your questions
- Keep the appointment that I make with you. If I do not make it to your appointment, assume that I am at a birth, and that I will plan to come the next day, unless you call me to make other arrangements. Feel free to call me. If I am not there by 4 pm on the day that I was planning to come, please call me.
- Maintain complete confidentiality. Information you share with me will not be repeated. Please help me to maintain confidentiality by not asking me questions about other clients you know I care for.
- Provide care that is respectful and honors your choices
- Provide care that is gentle and not violating on any level
- Be available to you 24-hours on-call. For any time that I am not available, I will arrange for another midwife to be available to you in my absence.
- Keep you informed regarding your health status related to your birth choice. If I feel that your pregnancy falls outside of the range of normal I will discuss your options with you immediately, additionally I will contact my consulting physician and discuss your case
- Make your prenatal and birth records available to you and other healthcare providers if requested.