



BE EMPOWERED BIRTH AND
PARENTING PTY LTD

Appointment Guide



www.beempoweredbirth.com.au
ABN 31 665 139 159

Appointment Schedule

BOOKING IN APPOINTMENT (8 TO 14 WEEKS)

At your booking in appointment, I will go over your medical, obstetric and social history with you. We will discuss your previous pregnancies (if any), and any concerns you may have. If required, blood tests and ultrasounds will be ordered. We will discuss your wishes around frequency of pregnancy care appointments, and any 'risk factors' you may have and what that may mean for pregnancy or labour care. This appointment will typically last for 1.5 hours.

SECOND TRIMESTER APPOINTMENTS (14 TO 28 WEEKS)

In your second trimester, appointments are generally every four to six weeks. Each appointment will last for approximately one hour. At the appointment I will listen to your baby's heart rate, measure the growth of your uterus and check your blood pressure. We will discuss how you are feeling, any concerns you have, and start to discuss plans for birth and breastfeeding. I will be able to order any required ultrasounds and pathology.

THIRD TRIMESTER APPOINTMENTS (29 TO 35 WEEKS)

In the third trimester, your appointments generally become closer together. This may vary from every 2 to 3 weeks, depending on your individual needs. We will discuss your baby's movements and growth, and monitor their heartrate and your blood pressure at each appointment. Any required pathology and ultrasounds can be ordered. Any additional 'risk factors' that may be identified will be discussed.

END OF PREGNANCY (36 WEEKS TO BIRTH)

At this end of pregnancy, appointments generally move to weekly. The Birth Plan Meeting is held at 36 weeks, and generally takes 2 hours. I encourage your partner or support person to be present for this appointment. Planning for birth and breastfeeding continues. Consultation may be required with an obstetrician if your pregnancy continues beyond 41 weeks gestation.

POSTPARTUM (BIRTH TO 6 WEEKS POST-BIRTH)

I will see you and your baby as often as is needed in the postpartum period. If you have a home birth, I will see you generally within 12 hours of birth, then daily until day 4. Appointments will then be on an as-needed basis, depending on how you and your little one are going! I am able to complete yours and your baby's 6 week postnatal wellness appointment if you would like. Breastfeeding support is provided at each appointment. I am also available for telehealth appointments at this time.

Where are appointments held? What is the cost?

I offer two options for appointment locations. I am happy to see you in the comfort of your own home, at a time that is mutually agreeable. Alternatively, I run a regular clinic at Cocoon Acupuncture in Traralgon. This is a warm, welcoming, non-clinical space and appointments are offered both in normal business hours and out of normal business hours at this location. Currently, I offer appointments at Cocoon every second Friday between 10am and 8pm.

The cost of your appointments depends upon the location, and what Medicare Rebate you are entitled to. My Services and Pricing Guide provides a detailed breakdown. For standard antenatal and postpartum appointments at Cocoon Acupuncture, the cost is \$100 for a 1 hour appointment. If these appointments are held in your own home, the cost is \$150 for a 1 hour appointment, plus travel fees if you live more than 75km from Baromi (near Mirboo North). Medicare rebates range from \$30 to \$50 per visit for antenatal and postpartum appointments. Travel fees are based on distance from Baromi: included in appointment for distances <75km, \$100 for distances between 75 & 150km, and \$150 for distances over 150km.

The Birth Plan Meeting is generally held at 36 weeks gestation, and typically takes 2 hours. This appointment can be held in the Cocoon Clinic, or at your own home. The cost of this appointment is \$440, and a Medicare Rebate of \$290 applies. Travel fees as above also apply.

If you have a valid healthcare card, please discuss payment plan options with me.

Labour and Birth

If you are planning a home birth, I will attend your home when you are in labour. I am available by phone when you are in early labour to provide verbal guidance, reassurance and to aid you in making the decision on when you need my presence. I can also conduct early labour wellness checks as needed.

Once you are in established, strong labour, I will be at your home for the entire birth process. A second midwife will be called when it appears birth is becoming closer, or if I need relieving for a sleep break at any time. This second midwife will remain at your home once in attendance.

After the birth of your baby, both midwives remain in attendance for approximately 3 to 4 hours. During this time we will ensure your placenta has been birthed with no issues, assess any tears and suture if required, ensure you and your baby are physically and emotionally well, ensure breastfeeding has commenced and is going well, and perform a head-to-toe check on your baby. Before we leave we will assist you to use the toilet, shower and dress your baby if wanting. I will typically visit you again within 12 hours of birth.

In the event that you and/or your baby requires transfer to hospital at any time during labour, birth or the first few hours postpartum, I will accompany you in. In the hospital setting I am unable to act as your midwife, but can provide non-medical support to you, your partner/support person and/or your baby.

If you are planning a hospital birth, I am able to attend your home for care and support in early labour, and then attend the hospital when you are ready to transfer in. In the hospital setting I am unable to act as your midwife, but can provide non-medical support to you, your partner/support person and/or your baby for the duration of your labour and birth, and the first few hours postpartum.

The cost for labour/birth attendance at a home birth is \$5600. This covers both midwives and an administration fee. The cost for labour/birth attendance at a planned hospital birth is \$3000, including an administration fee. No Medicare Rebates apply.

Payment is required in full by 36 weeks gestation and no refund applies in the event of hospital transfer or fast birth in which one or both midwives does not attend in time.

Questions to ask when selecting a Midwife

If you are considering Private Midwifery, then chances are you know (or feel!) that you will receive more personalised care, rather than standard care with different practitioners involved. And that's true! However, as with any relationship, you need to pick the RIGHT Private Midwife for you, your wants and needs, and your family.

I encourage you to think about the things that are most important to you for your pregnancy, labour, birth and postpartum, and consider how the midwife could help or hinder in those situations. Basically, you need to identify your goals; that can help guide you with some questions!

Some common questions you may want to ask your midwife when choosing who to see:

How often will I see you during pregnancy? What is involved in your appointments?

Do you offer birth education?

What tests or ultrasounds do you require? Are they all mandatory? Are any of them?

How would you handle an emergency situation at home? What emergency equipment do you carry?

How will you support me in having a physiological birth? How often have you seen true physiological birth?

Will you support a VBAC/ HBAC?

What are my options if my pregnancy continues past 41 or 42 weeks?

What will happen if I decline something you recommend? At what point would you be required to transfer my care?

There are many other questions that may be important to you and your family. The most vital thing is that you ask them! Get to know the midwife a little bit before finalising your booking with them. This is a relationship that needs to work both ways, so both parties feel safe and confident with each other.

Want to know more?

Give me a call or email! A zoom or phone chat with you and your partner/support person can be scheduled at a convenient time for free. We can get to know each other a little, discuss what care options I can provide you with and make sure I'm a good fit for you and your family.

Also check out my instagram page @be_empowered_birthclasses, where I share a lot of great information and handy tips. If you want to join my mailing list, visit www.beempoweredbirth.com.au and join on the homepage to be kept up to date with my offerings.

Woman-centred care is my passion and my calling. I want EVERY woman to feel safe, supported and empowered in their births. Because that's the minimum that women deserve. Safe, respectful, woman-centred care.

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