



BE EMPOWERED BIRTH AND
PARENTING PTY LTD

Services & Pricing Guide



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



Hello there!

I'm Stacey and I am the owner and founder of Be Empowered Birth and Parenting Pty Ltd. I am a Registered Midwife who has been practicing since 2015 and I have worked at a number of settings across Victoria including public, private, tertiary and regional hospitals, including in a caseload model of care.

Both of my children were born at home and these experiences solidified for me that private midwifery was where my heart and future lay. I have been attending homebirths with endorsed midwives for a number of years now and received my Endorsement in 2024.

I live in Mirboo North with my beautiful family and offer private midwifery including homebirth across Gippsland.

Midwife Stacey

My Philosophy

My role as a private midwife is to work with pregnant women, supporting them to make informed decisions throughout their pregnancy, labour, birth and postpartum journey. I have the skills and experience to monitor and support you in your pregnancy and detect any signs that may be deviating from “normal”. I work in collaboration with doctors and hospitals to consult and refer your care with your consent as required; in these circumstances I will continue to offer ongoing support.

The most important part of my role is to discuss with you your options at each step of the way. Whether that’s “standard” bloods or scans, your options for labour and birth, or bigger decisions around induction or mode of birth. As part of this, I will provide you with accurate information explaining the benefits and risks of the options, alternatives available to you, and provide you with time to consider what is right for you. Once you have made an informed choice, it is my role to support you in your decision, whatever that may be! Sometimes this may mean care needs to be transferred to a different setting or to different care providers, however I will still be available to play a support role in the event this does occur and to provide postpartum care and support once your baby arrives.



What I Offer

HOMEBIRTH SERVICES

As an endorsed midwife, I will provide your antenatal care, including ordering any pathology services or ultrasounds, be on call for your birth, attend your planned homebirth (with a second midwife) and provide postpartum care for up to 6 weeks after birth.

HOSPITAL BIRTH SUPPORT

I will provide your antenatal care, including ordering pathology and ultrasounds, be on call for your birth and attend the hospital as a non-medical support person only and provide postpartum care for up to 6 weeks after birth.

PREGNANCY & POSTPARTUM CARE

I will provide antenatal care, including ordering pathology and ultrasounds and provide postpartum care for up to 6 weeks after birth. You will birth in the hospital of your choice.

INDEPENDENT CHILDBIRTH EDUCATION

I offer group childbirth and parenting classes, running in Traralgon, Gippsland. With no more than 6 couples to a class, these classes offer more than the standard hospital education. As well as discussing how labour & birth works, you & your partner will learn how to advocate for yourself and how to make decisions that are right for you.



COMMUNICATION

CONTACT DETAILS

0403 777 280

info@beempoweredbirth.com.au

CONTACT HOURS

For bookings & enquiries, please phone between 9am and 6pm. If I am unable to answer, leave a message & I will return your call

WEBSITE

www.beempoweredbirth.com.au

SOCIAL MEDIA

[@be_empowered_birthclasses](https://www.instagram.com/be_empowered_birthclasses)



Homebirth

For those wanting to birth at home, whether it's your first or fifth baby! I will provide your pregnancy care either in my Traralgon clinic or in your home, with appointments lasting for a minimum of 1 hour. I will order any required pathology (blood tests, urine tests, swabs etc) and ultrasounds. Telehealth consultations are also available. Your appointments with me will attract a medicare rebate (a referral from a GP is required for antenatal and postnatal care in order to be eligible for a medicare rebate).

I will be on call for you throughout your pregnancy at any time, including for your birth. I will attend your labour and birth in your home and monitor and care for you and your baby. A second midwife will also be in attendance for the birth, as required by Australian law. Once your baby is born, I will visit as many times as you need for up to 6 weeks after birth (clinic visits also available for those who prefer). I will also provide breastfeeding support as needed throughout this time, both in person and via telehealth.

All fees for the birth attendance are due by 36 weeks gestation and are payable/non refundable even in the event of a fast labour/birth in which one or both midwives do not arrive prior to birth, or in the event hospital transfer is required. If I am attending another birth and am unable to attend your birth, a back-up midwife will be called to replace me.

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



Homebirth Prices

Antenatal Appointments:

Clinic: appointments at my Traralgon Clinic will be billed at \$100 for a 1 hour appointment.

Telehealth: bulk billed

Home: appointments in your home will be billed at \$150 for a 1 hour appointment, plus travel fees if more than 75km from Baromi VIC 3871.

Medicare rebates range from \$30 to \$50 per visit.

Birth Plan Meeting at 36 weeks is charged at \$440 and attracts a medicare rebate of approx \$290.

Labour & Birth:

Attendance at your home for labour & birth, including on-call component and continued support in hospital if transfer required, will be billed at \$5600. This fee covers both midwives attending, plus a \$400 administration fee. No medicare rebate is available.

Postpartum Appointments:

Clinic: appointments at my Traralgon Clinic will be billed at \$100 for a 1 hour appointment.

Telehealth: bulk billed

Home: appointments in your home will be billed at \$150 for a 1 hour appointment, plus travel fees if more than 75km from Baromi VIC 3871.

Medicare rebates range from \$44 to \$50 per visit.

Travel fees are \$100 for distances between 75 & 150km, and \$150 for distances over 150km.

Hospital Birth Support



For those wanting to birth in a hospital setting, whether private or public, as an endorsed midwife I am able to provide all of your pregnancy care, including ordering any pathology and ultrasounds. Generally 1 or 2 appointments with your planned hospital will also happen. Medicare rebates apply with a GP referral.

I am able to attend your house when you are in early labour to offer support and accompany you to the hospital once you are ready to head in. In the hospital setting I am unable to act as a midwife and will be able to provide non-medical support only. I will be available for the length of your labour.

Once you and your baby are discharged home, I will provide all of your postpartum care for up to 6 weeks after birth.

Antenatal & Postnatal Appointments:

Clinic: appointments at Traralgon Clinic are \$100.

Home: appointments in your home are \$150, plus travel fees if more than 75km from Baromi VIC 3871.

Medicare rebates range from \$30 to \$50 per visit. Telehealth: bulk billed

Birth Plan Meeting at 36 weeks is charged at \$440 and attracts a medicare rebate of approx \$290.

Labour & Birth:

Attendance at your home for early labour, including on-call component and non-medical support in hospital until birth is \$3000. This includes a \$400 administration fee. No medicare rebate is available.

Travel fees are \$100 for distances between 75 & 150km, and \$150 for distances over 150km.



Pregnancy & Postpartum Care

For those wishing to birth in their local hospital under the care of hospital midwives, but have the benefits of private midwifery care before and after birth.

Your appointments can be conducted in my Traralgon clinic or in your own home. Medicare rebates are applicable with a GP referral. 1 or 2 appointments with your booking hospital are generally recommended.

As an endorsed midwife, I can provide your pregnancy care, including ordering any tests or ultrasounds. Once you and your baby are discharged from the hospital, I can provide postpartum care for up to 6 weeks after birth visiting as often as you and your family need.

Antenatal & Postnatal Appointments:

Clinic: appointments at Traralgon Clinic are \$100.

Home: appointments in your home are \$150, plus travel fees if more than 75km from Baromi VIC 3871. Medicare rebates range from \$30 to \$50 per visit.

Telehealth: bulk billed.

A one-off administration fee of \$400 is also charged.

Birth Plan Meeting at 36 weeks is charged at \$440 and attracts a Medicare rebate of approx \$290.

Travel fees are \$100 for distances between 75 & 150km, and \$150 for distances over 150km.

Why private midwifery care?

1 Personalised Care

Your midwife gets to know you and your family, your history and what you want and need throughout your pregnancy, birth and postpartum period. Your care is personalised to your needs, rather than a “one size fits all” approach.

2 Improved Mum & Baby Outcomes

There are many benefits to continuity of midwifery carer, including a higher chance of a normal birth, lower Caesarean Section rates, lower rates of miscarriage, stillbirth and preterm birth, higher rates of birth satisfaction and breastfeeding, and reduced rates of birth trauma.

3 Empowered Care

Private midwives are employed directly by you, to work with and for you. Their ethos of care is guided by supporting you in informed decision making and they are not regulated by hospital policies.



Additional Services



Birth Pool Hire

Hire of professional quality birth pool including disposable liner, and pump for inflation.

\$140

TENS Machine Hire

Hire of an Elle TENS Machine, including all items needed for use. For those accessing private midwifery services with me, hire cost is \$60

\$75

Childbirth Education



Childbirth and parenting classes, run in small group settings in Traralgon. Classes cover topics including normal labour & birth, complications in labour & birth, induction, caesarean section, the role of the support person, advocacy, informed decision making, breastfeeding basics & challenges, mental health challenges in parenting, healthy relationships after birth and hands-on parenting skills.

Costs vary, see website for available classes, workshops and pricing.

Birthing a baby is a life-changing experience and the care and treatment you receive throughout your pregnancy, birth and postpartum experience can have lasting impacts on your bond with your baby as well as your emotional and physical health. Invest in your birth, in the same way you would invest in a new car or a wedding.



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.

Midwife Stacey

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