



Thank you for contacting **Private Midwives**. Many congratulations on your pregnancy. We know that having a baby is a wonderful and special experience. However, we are also aware that for some couples, it can be a time of worry. At Private Midwives we provide care tailor made to your individual needs. All care is based around you and what you (and your baby) need or want. We have a lot of information on our website which you may find interesting. Head over to the resource library in the mum's section for lots of useful information.

### **OUR PRIORITIES**



Our main priority is the **safety of you and your baby**. We will do all we can to protect this.

Our next priority is to provide you with **high quality, individualised care and support**. This will include giving you information to make informed choices about your options and supporting you in the decisions you make. **We plan care around you and your family** and we want to do everything we can to ensure you have a **positive pregnancy and birth experience**.

### **OUR MIDWIVES**

All our midwives are **senior, experienced midwives** who are registered with the national professional regulatory body (NMC for the UK and NMBI for Ireland). We value your feedback as we only employ midwives who comply with our high standards of care. Last year, 99% of mums who used our service said they would recommend us to a friend or family member. We also restrict how many mums are midwives can care for as we need to ensure they have lots of time to spend with you.

We will ask you what is important to you and we will match a midwife to you who we believe has the right skills and knowledge for your needs; has availability to care for you within her caseload and is not too far away from you. If for any reason you do not feel that the midwife is the right match for you, let us know straight away so we make some changes. We know that this relationship is very important and you must feel confident and comfortable.

Most midwives work with a "buddy" who will be available to answer any questions you have during times that your own midwife may be with another family.

### **OUR SERVICES**

#### **CARE BEFORE BIRTH**

Normally we allocate one lead midwife to you and she provides all elements of your care before, during and after birth. She is available for you throughout. Antenatal appointments are:

- every 4 weeks until 28 weeks of pregnancy then
- 2 weekly until 36 weeks of pregnancy then
- weekly until baby arrives

In between appointments you can message your private midwife with any questions you may have. This gives you **continuity and peace of mind**.

At the appointment – which is normally in your own home, your midwife will check you and baby, talk about birth options and choices, advise on healthy living, offer suggestions for getting baby in to a good position for birth, and also help with parent education and birth planning.

We can also offer the Harmony screening test if you wish. This is the latest technology to check on baby's well-being. A small sample of blood is taken from mum after 10 weeks of pregnancy and the baby DNA which is circulating in mums blood is examined for any abnormalities.



If you are blood group Rhesus negative, we can test baby's blood group from 11 weeks of pregnancy via a simple blood test from mums arm, and this can avoid unnecessary Anti-D injections.

For those wanting to avoid NHS appointments, you can add private blood tests and private scans to your package.

#### CARE DURING BIRTH

We have been providing midwifery services for over 10 years. About half of this has been **home births** - mostly in a lovely birthing pool with a calm, relaxed environment. Having a home birth can be a wonderful experience but having a skilled and confident midwife by your side who you know and trust is essential. We can supply you with gas & air if you wish and also arrange for a lovely new birthing pool to be delivered to you ready for the big day.



If you have been told you are “not allowed” a home birth because you have had a previous caesarean section, you have gestational diabetes, a high BMI or a medical condition – please get in touch with us as often we can still safely support you in your choices.

We also have midwives who specialise in **hospital births** too. In some hospitals, our midwives can be clinically responsible for your care due to our unique collaboration with the NHS. In others, your private midwife is there alongside the hospital midwives to ensure you are never left alone; all care is explained to you and your wishes are listened to and respected. When the hospital midwife is out of the room, which can be quite a lot, you can relax in the knowledge that your private midwife will not leave your side. She will ensure you and baby are well and continue to offer advice and support. She knows what to look for and what to suggest as she has a wealth of experience to call on. She knows your birth plan and your wishes and she can support you through labour and birth to optimise a positive experience for you. She will work with your hospital midwife to make gentle, professional suggestions in a positive way, so that the care provided to you is what YOU want, and meets YOUR needs.

Are you interested in cord blood stem cell banking? We can arrange this too and clients of Private Midwives can have a discount for this service through our partner organisations. You can still have the recommended delayed cord clamping as our midwives are trained to give you the best of both worlds. Let us know if you would like further information.

## CARE AFTER BIRTH

After baby arrives, we know it can be very tiring and worrying when you get home. Our postnatal care packages are designed to be flexible to meet your needs and they range from one week to four weeks of care. Initially your appointments are closer together, but as you get more confident, the appointments will space out a little.

Each appointment in your own home lasts about 1-2hrs and your midwife who you know and trust will check over mum and baby, offer screening tests, arrange for the new-born examinations to be completed and arrange a hearing test. She will also help you with feeding and baby care.

You may also choose to upgrade to our **intensive breast feeding support package** which gives you a 2hr visit every day for 7 consecutive days. During each visit the midwife will help you to feed your baby and remain with you for the duration of a full breast feed.

In-between visits, your midwife is available for any help or advice you need.

## INTERNATIONAL CLIENTS

If you are not entitled to free NHS care, please get in touch to discuss your individual situation as we can offer “all inclusive” options for you. This can include care before, during and after birth. International clients cannot book our standard packages of care unless they are already registered with a NHS hospital.

## CLIENTS IN IRELAND

During your pregnancy your midwife will provide all of your midwifery related care for the time you are booked with us. In some instances, women may choose to see a GP for routine antenatal checks, minor ailments or non-pregnancy related conditions. We are aware from some of our clients in Ireland, that their GP may be unable to continue to offer any care if the woman has chosen a home birth. This is due to the restrictions on the GPs insurance. We suggest you discuss this on an individual basis with your GP. We also advise that you keep your birth options open and flexible, only making a final decision once you know that your pregnancy has gone well, with no complications or problems. For most women, this decision will not be finalised until after 36 weeks of pregnancy.

Be sure to check your insurance policy as often there are hidden “extras” you can claim for to help towards your care package.

## OUR CARE PACKAGES

We have put together some care packages as examples for you. Have a look at our packages and prices page here on the website. If you don't see exactly what you need, give us a call and we can tailor make a package for you.

## WHAT NEXT?

Because our midwives often get booked up quickly, we do advise that you **make contact with us as soon as you can** and arrange your care package, even if your care won't be starting for a while yet. If you have left things a little late, don't worry. Still get in touch as we may be able to help you. You can contact us via email or telephone. Our office is open Monday to Friday 9-5, but sometimes we are here later and you may get us on a Saturday too. Emails are normally answered within 24hrs, 7 days a week.

Still not sure? What not ask for a telephone consultation with a midwife and she can talk things through with you.

If you have any questions at all, please let us know. We look forward to welcoming you to our family and sharing this exciting journey with you.

BE SURE TO FOLLOW US ON SOCIAL MEDIA FOR UPDATES, INFORMATION, SPECIAL OFFERS AND ALSO SOME LOVELY BIRTH STORIES.

Also, check our lovely feedback comments on Google reviews.

As a company, we are regulated and inspected by the Care Quality Commission so you can be confident that all the checks are in place to ensure we are a **safe, caring and effective** service.

Your Birth, Your Way

'Staff cared for women and their families with compassion and often went the extra mile to support women during home and hospital births. Women we spoke with confirmed that staff were kind, caring and professional and they provided person-centred care.'

CQC report, 2019

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 Private Midwives  
a division of UK Birth Centres