

YOU ASKED, WE'RE ANSWERING

What is a midwife?

"Midwife" comes from old English words meaning "**with woman.**" A midwife is a trained health professional who walks with you through pregnancy, birth, and beyond.

Certified Nurse-Midwife (CNM)

A registered nurse with graduate-level midwifery education and national board certification. Licensed in all 50 states.

Other midwives

Certified Midwives (CMs) and Certified Professional Midwives (CPMs) have their own training and certification. What they can do depends on state law.

What can a nurse-midwife do?



Pregnancy, birth & postpartum care



Newborn care in the first weeks



Gynecologic care & annual exams



Family planning & pre-pregnancy visits

Plus primary care from the teen years through the rest of life.

Midwives partner with physicians when extra care is needed.

WHY A MIDWIFE?

You will be heard.

Midwifery care is built on partnership. You know your body. Your questions, worries, and wishes shape the plan.



Your questions matter

No question is too small. You leave each visit understanding what's happening and why.



Decisions made together

Your midwife shares the options, the evidence, and the risks. Then you decide together. That's called shared decision-making.



Your birth wishes respected

Movement, position, who's in the room, how you want to feel. We plan it with you, and keep you safe.



Care that sees all of you

Your culture, your family, your story. Respectful care means you're never just a chart.

"Will they actually listen to me?"

With midwifery care, the answer should always be yes.

WHY A MIDWIFE?

Whole-person care. Time to talk.

Pregnancy isn't just about your belly. Midwives make time for your body, mind, family, and life.

Body

Checkups, nutrition, movement, sleep, and how you're really feeling.

Mind

Stress, mood, anxiety. Emotional health is part of every visit.

Family

Partners and support people are welcome and included.

Life

Work, housing, food, transportation. We help connect you to resources.



Longer, unhurried visits

Midwifery visits are designed to give you time: to ask questions, talk things through, and build a real relationship with the person caring for you.

You should never feel rushed out the door.

Care through every stage of life.

Midwives aren't only for having babies. A nurse-midwife can be your provider from your teens on.



Teen years

First gynecologic visits, periods, and honest answers.



Well-woman care

Annual exams, birth control, and sexual health.



Planning a family

Pre-pregnancy visits to help you start strong.



Pregnancy & birth

Prenatal care, labor support, and birth.



After baby

Postpartum recovery, feeding support, and newborn care.



Midlife & beyond

Ongoing gynecologic and primary care as your body changes.

WHAT THE RESEARCH SAYS

Midwife-led care works.

A major review of 15 studies and 17,674 women compared midwife-led care (seeing the same midwife or small team) with other models of care.

24%

FEWER

preterm births (before 37 weeks)

16%

FEWER

episiotomies (cuts during birth)

10%

FEWER

forceps or vacuum births

More

LIKELY

to have a vaginal birth on their own, and most studies found families were **more satisfied** with their care

Safety: outcomes for moms and babies were at least as good as other care. The review found no difference in cesarean rates.

BIRTH CENTER: MYTH OR FACT?

"A birth center is just a small hospital."

fold here

MYTH. It's a home-like place for healthy pregnancies, led by midwives, with a plan to move to a hospital if needed.

BIRTH CENTER: MYTH OR FACT?

"Birth centers work with nearby hospitals and doctors."

fold here

FACT. They have transfer plans and physician partners for when more care is needed.

BIRTH CENTER: MYTH OR FACT?

"You can't get any pain relief at a birth center."

fold here

MYTH. There are no epidurals, but there's water, movement, massage, and support. Some centers offer more options.

BIRTH CENTER: MYTH OR FACT?

"Birth centers are for healthy, lower-risk pregnancies."

fold here

FACT. Your midwife checks throughout pregnancy that a birth center is still a safe fit.

BIRTH CENTER: MYTH OR FACT?

"Medicaid can cover birth center care."

fold here

FACT. Federal law requires state Medicaid programs to cover care at licensed freestanding birth centers.

BIRTH CENTER: MYTH OR FACT?

"After birth, you stay for several days."

fold here

MYTH. Most families go home within about a day, with follow-up visits after.

BIRTH CENTER: MYTH OR FACT?

"Midwives only deliver babies."

fold here

MYTH. Nurse-midwives also do GYN care, birth control, and care through all of life.

BIRTH CENTER: MYTH OR FACT?

"Birth center families had fewer preterm births than the national rate."

fold here

FACT. In a study of 6,424 Medicaid families, birth centers beat national benchmarks for preterm birth, low birth weight, and first cesareans.

ASK A MIDWIFE

What's your biggest question?

Write it on a sticky note and put it on the board. We'll answer as many as we can today, and in our posts and classes.

About midwives

Who are they? What do they do?

About birth centers

Is it safe? What's it like?

Pregnancy & birth

Anything on your mind

After baby

Feeding, recovery, sleep, feelings

Ask a question → get a treat & an extra raffle entry!