

Why Choose A Midwife

Midwives have attended women during pregnancy and birth since the beginning of time. Care with a modern midwife is truly an art form – which combines the guiding, healing hands of one's most trusted advisor and nurturer with today's knowledge, science and medicine. This fusion is what differentiates midwives apart from most doctors. **Learn More**

A midwife's care is based on the idea that the woman is the central decision maker in matters regarding her birth and her child. The Midwife's goal is the health and well being of mother and baby. She has the resources, wisdom and professional training to safely guide the mother through her journey of pregnancy and birth.

A qualified midwife provides comprehensive prenatal care, guides labor and birth, and cares for newborns. However, her unique value is revealed as she bonds with a woman and her family thus offering a deeper level of care. During pre and postnatal visits (which are longer than standard doctor visits), the midwife listens to what the mother and family needs at each step of the process. She can then offer appropriate information, physical, emotional or clinical support, and options.

The safety and benefits of midwife care have been proven again and again in countries across the world. World Health Organization statistics show that births attended by midwives have lower infection rates, lower C-section rates, fewer complications, and healthier outcomes - thus, lower overall medical costs - than physician-attended hospital births. In addition, there is no difference in infant mortality between midwife-attended and physician-attended births for low-risk women. Countries such as the Netherlands, Sweden, and New Zealand, which have the best birth outcome statistics in the world, use midwives as their main maternity care providers.

At Spirit of Life Midwifery, we support and practice the Midwives Model of Care, which is a fundamentally different approach to childbirth. The Midwives Model is based on the fact that pregnancy and birth are normal, healthy events in a woman's life. It recognizes that women have the right to seek care that is safe and addresses individual needs. Midwifery Model of Care emphasizes education and provides women with the information they need to make informed decisions about their health care. It has been proven that this model of care results in less complications, fewer interventions, and healthier births for mothers and babies.