



## How can I find a midwife?

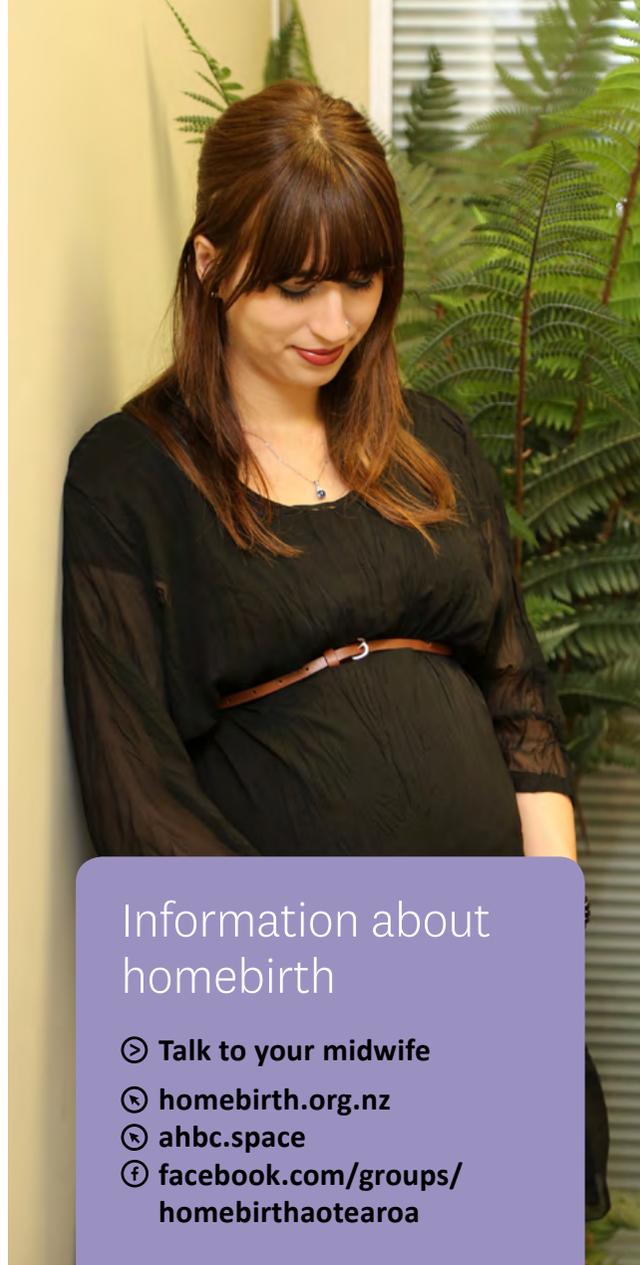
Make contact with a midwife as soon as you know you are pregnant. Ask for a Pregnancy Information Pack available from your Family doctor which includes a list of local Community LMC Midwives.

Hop online:

- 🌐 [findyourmidwife.co.nz](http://findyourmidwife.co.nz)
- 🌐 [healthpoint.co.nz/maternity/midwifepractice](http://healthpoint.co.nz/maternity/midwifepractice)

## Need help?

- 👉 Ask friends and family who was their midwife.
- 👉 Visit your local birthing unit and ask for a list of local Community LMC Midwives.
- 👉 If you are unable to find a midwife then contact your Family doctor. A referral can be sent to the hospital to further assist you in finding a midwife.



## Information about homebirth

- Talk to your midwife
- 🌐 [homebirth.org.nz](http://homebirth.org.nz)
- 🌐 [ahbc.space](http://ahbc.space)
- 📘 [facebook.com/groups/homebirthaotearoa](https://www.facebook.com/groups/homebirthaotearoa)



## Options for Pregnancy Care in Counties Manukau



## Congratulations on your pregnancy

Pregnancy is an important time to check on your health and the health of your unborn baby by having regular antenatal visits from as early as possible.

One of the first decisions you will make is who will provide your pregnancy care. This leaflet is designed to help you and your family in making a decision about the right option for you.

# Which midwife should I choose?

Your choice can depend on many factors including:

## 1.

Where you want to birth your baby



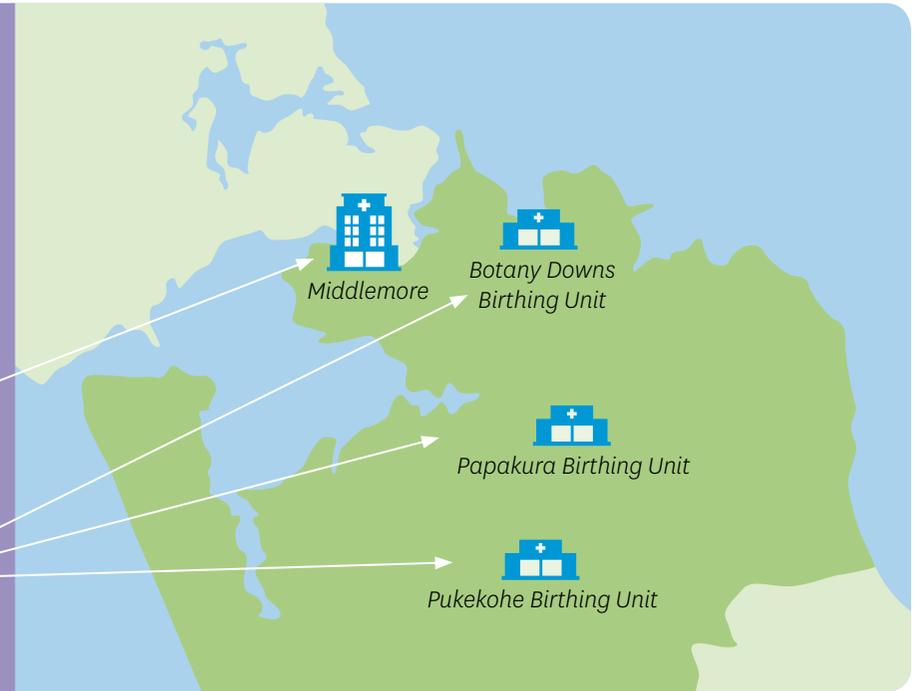
Home



Hospital



Birthing Unit



## Who can provide my pregnancy care?

Pregnant women in New Zealand are able to choose who will provide their pregnancy care. Pregnancy care is free to eligible women. Please discuss your eligibility with your family doctor or chosen midwife.

A Lead Maternity Carer (LMC) is a health professional who specialises in pregnancy care and is responsible for providing and coordinating your care during your pregnancy, labour and birth and up to six weeks after your baby is born.

Your options should be explained to you when you make first contact with a health professional.

## 2.

What would you prefer to be available for you?



Water for labour & birth



Natural approaches to managing labour & birth



All pain management options

## 3.

What type of birth you have had with your other babies



## 4.

Your medical history and any current medical conditions



## 5.

Your personal birthing philosophy and that of the midwife

