



ASSOCIATION OF ONTARIO MIDWIVES

Represents Registered Midwives and Promotes the Profession of Midwifery in Ontario

Midwifery Care in Ontario

This handout is for pregnant people in Ontario who have a midwife caring for them.

When you have a midwife, you make informed choices

Midwives believe:

- You have the right to make choices about all areas of your care.
- You should be actively involved in your own care.
- You should feel comfortable talking to your midwife if you are worried, unsure, or have a question.
- You should have time to consider your options and discuss them with your midwife.

For example, your midwife will give you information about different tests during your pregnancy. Your midwife will explain the tests, your choices, and any recommendations. You will choose whether or not to take the tests. It is your decision.

Your midwife:

- Understands that every pregnant person is different.
- Will give you information you need and answer your questions.
- Respects you as the main decision-maker.
- Can make recommendations about your choices.
- Will support your decisions.

In emergency or urgent situations . . .

- Before labour, you and your midwife will discuss common emergencies related to labour and birth. Your midwife is highly trained at handling emergencies related to labour and birth.
- If an emergency happens, your midwife will keep you as involved and informed as possible. Your health and the health of your baby is your midwife's top concern.

When you have a midwife, you receive complete care

- Midwives provide care from early pregnancy to six weeks after labour to you and your baby.
- A midwife from the clinic is available on-call by phone 24 hours a day, seven days a week.
- Midwifery students may also be involved in your care. If your midwife has a student working with her, your midwife will ask for your permission to have the student present for your visits and your birth.
- Having students there during your care helps train good midwives for the future. Also, students may provide help during your labour.

Before birth:

- Your midwife will spend time learning about you, your family, your hopes for the pregnancy and your medical history.
- You will have a team of up to four midwives who are normally responsible for your care until you give birth. Two of these midwives will most likely be at your birth.

During labour:

- There will be at least one midwife at your birth. There will likely be two midwives present when your baby is born.
- Your first midwife is mainly responsible for providing care for you during and after labour. Once your baby is born, your second midwife is mainly responsible for your baby.
- If no midwife you know is available to go to your birth, other midwives from the clinic will provide care at your birth. This situation is uncommon.

After birth:

- Your midwife will go to your home for the first appointment after birth. About a week after the birth, you and your baby will go to the clinic for appointments.
- Your midwife will provide care for you and your baby until six weeks after you give birth.
- You will need to find a doctor or a care provider who can care for your baby after you leave midwifery care. Your midwife can help you find a doctor or care provider if you do not have one.

- Before, during and after birth, your midwife will speak with doctors if there are complications.
- It may become necessary for your midwife to pass your care to a doctor. The doctor will then be responsible for your care. Your midwife may continue to provide support for you even if you need a doctor.

When you have a midwife, you choose the birthplace

- You can choose to give birth at home or at a hospital. It's up to you.
- Your midwife will make recommendations based on safety.
- Your midwife will answer questions about where you would like to have your baby.
- Your midwife is trained in home and hospital births.
- You can discuss with your midwife where you think you might be most comfortable having your baby, and ask them any questions you might have.
- At home or at a hospital, your midwife will be the person who delivers your baby, unless a complication happens.
- Births at home and hospitals in Ontario with a midwife can both be safe.
- For more information on your choice of birthplace, ask your midwife for the "Choice of Birthplace" pamphlet.

For more information about midwifery care in Ontario, please speak with your midwife.