



Association of
Ontario **Midwives**
Delivering what matters.

Midwives are experts in
normal pregnancy and birth

How to find a midwife

- Call your local clinic directly. You do not need a referral from your doctor.
- Call as soon as you know you are pregnant.
- Some clinics may have openings for clients later in their pregnancies. You may call to ask about an appointment at any time in your pregnancy.



- It is free to see a midwife. Midwives are paid by the Ontario Ministry of Health and Long-Term Care.
- Midwives see pregnancy and birth as a healthy time in your life.
- All through pregnancy, labour, birth and the first six weeks of your baby's life, you will be cared for by a small group of midwives. This means that you are likely to know the midwife who delivers your baby.

Midwives are health-care professionals

Midwives work across Ontario in urban centres and rural communities. For more information or to find a clinic near you, visit our website or call the number below.

- The Midwifery Education Program in Ontario is a four-year university science degree. Midwifery students study normal pregnancy, labour and newborn care, as well as emergency skills. Midwives are experts in providing safe, research-based care during pregnancy, birth and the postpartum period to both clients and newborns.
- Midwives trained outside of Canada qualify here through a bridging program.
- Together with your midwife, you choose where to have your baby. Midwives provide care in clinics, homes, birth centres and hospitals.
- Midwives work closely with nurses and doctors when needed.
- There are hundreds of midwives in Ontario. More than 150,000 babies have been born under midwifery care since the profession was regulated in 1994, including more than 35,000 births at home.

For more information
and clinic locations:
OntarioMidwives.ca
416.425.9974
(toll free 1.866.418.3773)

facebook.com/OntarioMidwives
twitter.com/OntarioMidwives
youtube.com/OntarioMidwives



Midwives provide free, expert care
during pregnancy and for six weeks
after baby is born



Give birth at home, in a birth centre or in a hospital

You decide what is right for you, with your midwife.

You and your baby will have skilled care in any setting.

Some families plan home births because they feel most safe and comfortable in their own home.

If you plan a home birth:

- Your midwife will visit your home before the birth.
- You and your midwife will talk about what will happen in an emergency.
- Talk to your midwife about what is best for you and your baby.

Some families plan to have their baby at a birth centre.*

If you plan to give birth in a birth centre:

- You and your midwife will talk about what will happen in an emergency.
- You and your midwife will make a backup plan to use if the birth centre is full when you are in labour. You may plan for home or hospital.
- Talk to your midwife about what is best for you and your baby.

Some families want to have their baby in a hospital.

If you plan a hospital birth:

- Your midwife will still be the person who delivers your baby.
- You and your midwife will talk about what will happen in an emergency.
- Midwives are part of the Ontario hospital system and attend births in most hospitals across the province.
- Midwives work together with doctors and nurses when needed.

*Birth centres are only available in some Ontario communities.



You make informed choices

Midwives understand that everyone is different and provide care based on your own physical and emotional needs.

You are respected as the person who makes decisions about your care.

Your midwife will give you information and support.

Your care with a midwife

- You will be seen by your midwife on a regular basis. Prenatal appointments with a midwife often last 30 to 45 minutes.
- Midwives provide clinical exams and information at each appointment.
- Midwives order tests and ultrasounds as needed and can prescribe some medications such as antibiotics.
- Your midwife will provide care for you at home in the first week after your baby is born.
- Midwives can help you with breastfeeding.
- Midwifery care increases the chance of you having a normal birth. Clients who give birth with a midwife have fewer C-sections and other interventions.
- Midwives are available by phone 24 hours a day, seven days a week.