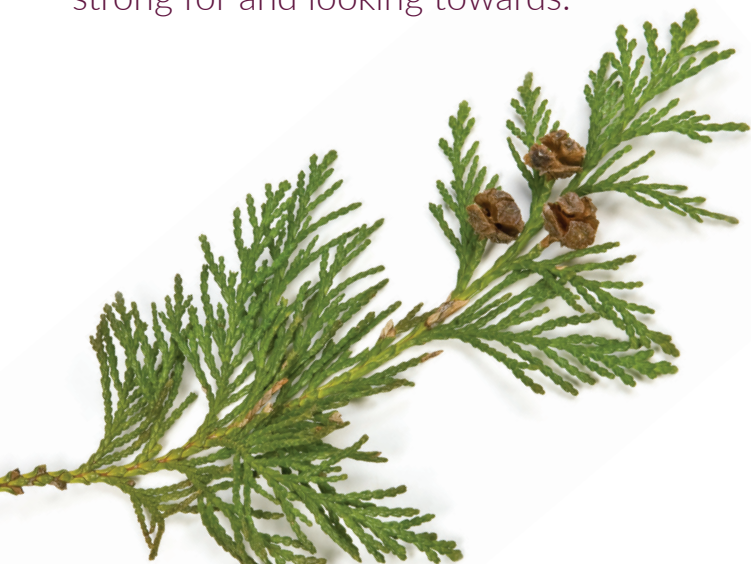


## MIDWIFERY MEANS SOMETHING A LITTLE DIFFERENT IN OUR COMMUNITIES.

Our history, when it comes to midwives, is different too. Many of us have grandmothers who were, or are, midwives. We know this is the way of our traditions in birthing. Though many of our communities have not had midwives for many years we know that **bringing this back has deep meaning.**

Imagine if every Indigenous baby was brought into this world through a supported and gentle birth experience. **Imagine the strength we can gain by feeling good about the way we give birth.**

This is what midwives are standing strong for and looking towards.



## FINDING A MIDWIFE

To find a midwife use the searchable **map** on our website [www.bcmidwives.com](http://www.bcmidwives.com).

Contact a midwife as soon as you know you are pregnant. You may **contact midwives directly** and **you do not need a referral** from a doctor.

You may find there are no midwives in your area. Let us know that you wish there were midwives near you at [www.bcmidwives.com/contact](http://www.bcmidwives.com/contact). The National Aboriginal Council of Midwives has a **toolkit to help Indigenous communities bring birthing and midwifery back**. See the toolkit here: [www.nacmtoolkit.ca](http://www.nacmtoolkit.ca).

Another way to bring birthing and midwifery to your community is to **become a midwife** yourself. **We need more Indigenous midwives!**

## BECOMING A MIDWIFE

For more information about becoming a midwife, see the following resources:

- **Midwives Association of BC**  
[www.bcmidwives.com](http://www.bcmidwives.com)
- **National Aboriginal Council of Midwives**  
[www.aboriginalmidwives.ca](http://www.aboriginalmidwives.ca)
- **University of BC Midwifery Program**  
[midwifery.ubc.ca](http://midwifery.ubc.ca)



**MIDWIVES ASSOCIATION  
of BRITISH COLUMBIA**

**Contact us for more information  
about midwifery in BC:**

604-736-5976 or [info@bcmidwives.com](mailto:info@bcmidwives.com)  
[www.bcmidwives.com/indigenous\\_families.html](http://www.bcmidwives.com/indigenous_families.html)

**BCMIDWIVES.COM**

# MIDWIVES

for Indigenous families



Registered midwives are primary health care providers who **take care of you through pregnancy, birth and the early weeks of a baby's life.** Learn about what midwives do, how they work within the circle of health care, how to find a midwife, and how to become one.



**MIDWIVES ASSOCIATION  
of BRITISH COLUMBIA**





MIDWIVES ARE SPECIALLY TRAINED TO TAKE CARE OF PEOPLE DURING PREGNANCY, BIRTH AND IN THE EARLY WEEKS OF A BABY'S LIFE.

## PREGNANCY

Your visits with the midwife will include a **clinical assessment** for you and the baby and arranging any labs or ultrasounds that are needed.

Your midwife will **take the time to build a relationship** with you and respond to any worries or questions you have. Pregnancy is a time of **changes for your body, emotions, mind, and spirit**. Your midwife can help you navigate these changes in a good way.

## BIRTH AND EARLY WEEKS

Midwives attend births in **hospital and home** settings. Once labour begins **your midwife will stay with you** until well after the baby is born.

When it's time for your baby to be born, **your midwife will deliver your baby and keep your baby as close as possible to you** at all times, unless you have asked otherwise.

Midwives are **trained to manage urgent situations**. Your midwife will stay by your side if you need care from a specialist, such as for a c-section.

Your midwife will **continue to care for you and your baby** for one and a half months after giving birth, sometimes longer.

Culture and family bonds are important. Midwives will **support you to do things and give birth in a way that is meaningful** to you.

## A CIRCLE OF CARE

Midwives **work with you and your support people** through the journey of pregnancy, birth and early parenting.

The care you receive from a Registered Midwife is **paid for by your BC CareCard or BC Services Card**. As part of the health care system, Registered Midwives **work closely with diverse professionals** including doctors, nurses and doulas.

