

ONTARIO MIDWIVES

EXPERTS IN NORMAL PREGNANCY, BIRTH & NEWBORN CARE



Association of Ontario Midwives

The Association of Ontario Midwives is the professional body representing midwives and the practice of midwifery in the province of Ontario.

Please visit www.aom.on.ca

Call us at 416-425-9974 or toll-free at 1-866-418-3773



Midwives provide free, expert care to pregnant women and their new babies

- Midwives are experts in normal pregnancy and birth
- 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 go to university for four years to study normal pregnancy, labour and newborn care, as well as emergency skills. They are experts in providing safe, research-based care for pregnant women and new babies
- Midwives trained outside of Canada qualify here through a one-year university program
- Together with your midwife, you choose where to have your baby. Midwives provide care in clinics, homes and hospitals
- Midwives work closely with nurses and doctors when needed
- There are hundreds of midwives in Ontario. Over 85,000 babies have been born under midwifery care since 1994, including over 20,000 births at home



You make informed choices

- Midwives understand that every woman is different
- Midwives 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 visits with a midwife often last 30 to 45 minutes
- Midwives provide clinical exams and information at each visit
- Midwives order tests and ultrasounds as needed
- Your midwife will visit 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. Women 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





Give birth at a hospital or at home

- You decide what is right for you, with your midwife
- In the hospital or at home, you and your baby will have skilled care

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 make a plan and talk about what will happen in an emergency
- If you are thinking about a home birth, talk to your midwife about what is best for you and your baby

Some women 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.

- Midwives are part of the Ontario hospital system and attend births in most hospitals around the province
- Midwives work together with doctors and nurses when needed
- You and your midwife will talk about what will happen in an emergency

How to find a midwife

- All you have to do is call!
- 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
- Midwives are in demand. They may be full for your expected date of birth

Midwives work all over Ontario. To find a midwife near you, call the number on the back of this brochure, or visit www.aom.on.ca and click on “find a midwife.”

