



## **Bloom Community Midwives & Bloom Breastfeeding Center**

408 -1033 Davie Street Vancouver BC V6E 1M7

Phone: 604-609-3550 Fax: 604-628-3369

info@bloommidwives.com www.bloommidwives.com

## **WELCOME TO BLOOM COMMUNITY MIDWIVES**

### **Congratulations on your pregnancy!**

Pregnancy is an amazing experience! It is full of preparation, planning, learning & getting to know yourself and your family in a whole new way. This can be an exciting process, and sometimes an overwhelming one. Some have planned their pregnancy for a long time, while for others their pregnancy is a big change in plans to get used to. For most of us, pregnancy, birth and the early postpartum is a time of many mixed feelings, sometimes conflicting-- happiness & excitement, and perhaps worry or uncertainty.

It is our hope for all the families in our practice that this time becomes one of empowerment, where you have the support to really learn about your choices, make informed decisions, and have the opportunity to fully connect with the experience of giving birth. This introductory package is designed to introduce you to midwifery care, your team of midwives and the services available at BLOOM.

### **Is Midwifery right for you?**

In Vancouver, 'low-risk' pregnant women generally choose either a midwife or a family doctor as their primary care provider. There are many misconceptions about who is low risk and who is high risk. Most pregnancies are low risk than we or our doctors might think - for example, those over 35 years old think that they are high risk but they are not. We would be happy to meet with you to discuss whether or not it is appropriate for you to have midwifery care.

There are some similarities and some differences in the models of maternity care practiced between family doctors and midwives. Whichever model you choose, if you need the services of specialists (for example, obstetricians, pediatricians, and lactation consultants) these referrals are available to you through your midwife or doctor. At Bloom we are lucky to have an in-house lactation consultant should you require extra assistance with breastfeeding. We also have excellent relationships with medical specialists in our area.

If you have further questions about whether midwifery care is right for you, we offer the opportunity to meet with a midwife for an initial consultation in order to discuss your care preferences and plans for your pregnancy. We will share information about our scope of practice, how the midwifery model of care works in British Columbia, and review your choice of birth place options. You are then free to decide which type of care provider most suits your needs. Please let our office administrator know if you wish your first visit to be a consultation or if you would like to book into care immediately.



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### **Midwifery Philosophy of Care**

We believe that your maternity care should be client centered - meaning that you should have access to care that centers around your specific needs, choices and concerns. This care should be safe, mutually respectful, and based on a process of informed decision-making. You have the right to access current, evidence-based information and research to make such informed decisions throughout their pregnancy, birth and postnatal period. We strive to make available to you the information needed to make informed decisions throughout your care.

Supplemental information handouts can also be accessed during our routine prenatal & postpartum visits. Our clinic also has a lending library with books & videos about pregnancy, labour, breastfeeding, parenting and baby care.

We believe that, for most for most families, pregnancy & birth are healthy events in your lives. We strive to provide care that promotes holistic health and well-being for you and baby throughout pregnancy, birth, and postpartum. In the event of any complications, you and your baby will have access to a full range of care options and specialist referrals as needed.

Midwifery care is based on a mutually respectful partnership that relies on trust and building relationships between you and your care providers. We believe families should have the opportunity to get to know their midwives through the course of their care, in preparation for labour and birth. In the midwifery model of care you will get to know all the midwives on your team before you birth your baby. On that note, we are pleased to tell you more about ourselves.

### **Our Care**

Our practice offers full-scope, fully MSP covered, pregnancy/birth and postpartum care for women of all situations and ages. Our midwifery team is small and personalized, attending 8-12 births a month. The schedule and duration of prenatal visits is customized to the needs of each woman and her family. These visits focus on the physical and emotional aspects of pregnancy, birth and postpartum, preparations for birth and the post-natal period, as well as routine monitoring of maternal and fetal well-being.

Our postpartum care includes frequent home visits in the first week, and clinic visits thereafter until 6 weeks. Postpartum visits include mother and newborn physical exams, breastfeeding support, parenting education, and psychosocial support. Family members and friends are welcome to participate in all aspects of your care if you wish.



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We have excellent referral relationships with obstetricians, pediatricians and family physicians in our community. At times, due to developing health concerns during a woman's pregnancy, birth or postpartum, care will be shared with a physician or specialist and during other instances, primary care will be transferred to a consultant. Should this occur, we will continue to provide supportive care in most circumstances.

We offer choice of birth place, either in a home or hospital setting. Place of birth is mostly determined by each woman's preference, and their clinical needs based on their medical history. We maintain active privileges at St. Paul's Hospital, which provides excellent single-room maternity care facilities. For women considering homebirth, you will have the opportunity to explore this option with your midwives in discussions throughout the pregnancy. At this time waterbirth is a wonderful option at home, but is not yet offered at St. Paul's Hospital.

### **Labour Care**

As your midwives, one of us will be in attendance once progressive labour is established, regardless of birth site or the need for physician collaboration. In a homebirth setting, we must have at least two qualified providers present for the birth, both experienced in labour care and certified in neonatal resuscitation. In our community, we call a back-up midwife from Bloom or another local practice to attend once a woman has entered the later progress of labour. All midwives carry oxygen, neonatal resuscitation equipment, IV fluids and supplies, medications for postpartum use, suture and local anesthetics, and various other sterile and non-sterile supplies. Should the situation indicate a need for additional equipment or specialists, we will arrange for transfer into hospital.

### **Teaching Practice**

Bloom Community Midwives is a teaching practice. In the interests of supporting the future of midwifery in B.C. and securing access to care for more women, our practice welcomes students from the UBC midwifery program during their preceptorships. Women participate in teaching of students, and can invite our assigned student to participate in office visits, home visits and birth care. We encourage you to support student midwives and the growth of midwifery in B.C. by welcoming a student's involvement with your care. The University of British Columbia (UBC) is one of a growing number of professional midwifery degree programs in Canada. To learn more about how midwives are educated and trained, go to [www.midwifery.ubc.ca](http://www.midwifery.ubc.ca).



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### Making Contact

**Urgent Midwifery Related Concerns:** Your midwives are available to you 24 hours a day for urgent concerns. This includes labour related calls. Your team of midwives takes turns carrying a pager and keep it on them at all times.

**Non-Urgent Midwifery Concerns:** Our visits with you are longer than a visit with a doctor. We set aside time every visit to answer any questions you may have. Please don't hesitate to bring in a list! If you have a question or concern that cannot wait until your next appointment and is a non-emergency you may leave a message at the clinic and our office administrator will attempt to assist you or advise you on how best to reach the midwife. She can also be reached by email [info@bloommidwives.com](mailto:info@bloommidwives.com). Emails will be replied to within 2-3 days. If your concern is more urgent than that please page your midwife.

### The Bloom Community:

Pregnancy and birth marks a major transition for many families - one in which developing a community of supportive family and friends as well as care providers can be extremely important. This kind of community building is something we really value at BLOOM and we have made it one of our priorities to assist women and their families to make these kinds of connections.



These are some of the additional services available at Bloom:

**Prenatal Classes:** We work with a number of prenatal educators to bring in-house prenatal classes to BLOOM. "Hypnobabies Childbirth Hypnosis" is a 6 week complete prenatal series where you gain a comprehensive set of hypnosis tools for an easier natural birth experience. "Samara" offers a small group course taught by an experienced maternity nurse at Saint Paul's hospital. This course is designed to educate and support you on your amazing journey of pregnancy, birth and postpartum care.



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**Breastfeeding Classes:** Our prenatal **Breastfeeding Essentials Class** is an evening class designed to help women and their support team get breastfeeding off to the best start. This class is taught by a lactation consultant (IBCLC) who is an experienced educator. Our classes get consistently good reviews and those who take it report feeling much more confident and prepared. Topics that will be covered in our classes:

- Learn to latch your baby on successfully
- Hear what to expect from your newborn
- Learn to recognize if your baby is getting enough milk
- Get your questions about feeding your baby answered
- We'll also troubleshoot difficult but common breastfeeding challenges with you and help you feel prepared and excited for this special experience.

**Lactation Services:** Breastfeeding creates health and joy for mothers and babies when they get the support that they need from their families, their health care practitioners and their communities. We are here to help!

We offer comprehensive breastfeeding support. This includes offering the class described above, rental of high quality **breast pumps** and baby weigh scales, and the sale of supplies to support breastfeeding and the provision of breastmilk to babies. Our certified **lactation consultants** offer home or clinic visits and can help with a range of issues from improving latch, eliminating nipple pain to improving milk supply.

**Lending Library:** We make an effort to keep a library of current, relevant books on pregnancy, breastfeeding, parenting and other topics of interest. If you wish to take out a book please let the office administrator know the title and she will record it in your chart. If there is a book you would recommend for our library please let us know. We are also happy to accept any books for donation to the library.

Website: <http://www.bloommidwives.com>

**Social Media:** Many women and families are using social media to build community. BLOOM has a Facebook page and we welcome you to follow us online.



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**Community Engagement:** We make an effort to contribute to the wider goal of maternal child health in our community and worldwide. For example, we have had clothing drives to support low-income pregnant women and families in Vancouver, donated supplies for use by midwives overseas, and supported the UBC Midwifery “Students for Global Citizenship” Program which allows student midwives to travel overseas to low-resource settings and share their skills with international midwives and care for vulnerable populations of mothers and babies.

**Special Events & Workshops:** Throughout the year we host a number of special workshops and events, including waterbirth and homebirth workshops, and a **yearly reunion picnic** to catch up with families and babies past and present. Our administrator will periodically send emails with upcoming events or you can check our website or Facebook to see what’s coming up.

### Our Environmental Commitment

We strive to operate our practice with as minimal of an impact to the environment as possible. Green choices not only shrink our footprint, but can often lead to better quality and improved comfort for the women & babies in our care. We use electronic charting and all of our printed materials are printed on FSC certified recycled paper. We offer our clients and their babies the comfort of organic cotton gowns and receiving blankets instead of disposable paper drapes. All of our purchases and practices keep the environment in mind!

