

FWM

Fort Worth Midwifery

Personalized Care Starts Here



Consultation

When you contact Fort Worth Midwifery regarding Home birth / Midwifery services, we set up a free initial consultation.

It is best if both you and your partner can attend this meeting. If you do not have a partner but have a support person please bring them as well. Consultations typically last about an hour.

Bring any questions you may have for us to answer such as:

How we came to midwifery, do we carry medications, who comes to the birth, is birth messy, what lab work is offered, etc. all questions are good questions!



Prenatal Care

Monthly Prenatal visits until 28 weeks | Every 2 weeks from 28 - 36 weeks | Weekly visits from 36 weeks until birth

*Additional visits may be scheduled as needed

Includes:

- Initial prenatal visit lasting 1-2 hours including a comprehensive health history, a physical exam and lab work
- Regular prenatal visits lasting about an hour including maternal vitals, uranalysis, nutrition, well-being , fetal growth and heart tones
- Routine lab work
- Children and other family welcome and included in appointments
- Referral for ultrasounds if desired or indicated
- Nutrition, lifestyle, exercise and other holistic counseling
- Midwife available by phone/text between visits for urgent questions/concerns
- Access to Fort Worth Midwifery's book and video lending library
- A home visit around 36 to 37 weeks that acts as a test run for us to find our way to your home for your birth
- Birth plan discussion so we may see the way you envision your birth. Family and birth team participation is encouraged
- Consultations and referrals as needed

Labor and Birth

- Communication from the moment you start experiencing signs of labor
- Labor and Birth in the familiar surroundings of your own home
- Family centered birth including children you wish to be present
- Mother's vitals are evaluated throughout labor including emotional well-being and physical comfort
- Baby's heart rate is evaluated throughout labor using a Doppler
- Freedom of eating, drinking, movement and aqua therapy are all encouraged
- Freedom of birth position and location, including birth pool
- Use of herbal, homeopathic, and essential oil remedies along with pharmaceutical medications used as each situation warrants
- A team of at least two professionals trained in CPR and neonatal resuscitation, labor and postpartum support at every birth
- Vaginal exams as requested by the mother or as indicated by her labor
- Midwife remains with you in the event of a transport to the hospital
- A doula and photographer are always welcome as a part of your birthing team





Immediate Postpartum Care

- Immediate skin-to-skin contact for mother and baby
- Delayed cord clamping
- Calm atmosphere
- Medications and herbs specific to the postpartum period
- Breastfeeding as soon as Mother and Baby are ready and able
- Evaluation of the perineal area to assess for tears. 1st and 2nd degree tears sutured at home with numbing medication while you bond with your new baby
- A newborn exam approximately 1-2 hours after birth including weight, length, head and chest measurements, a thorough physical exam and vital signs
- Administration of Vitamin K and erythromycin eye ointment are available if desired
- Optional herbal bath with baby once mom and baby are stable
- Postpartum care instructions are reviewed with the family
- Emergency treatment as warranted for both mom and baby including anti-hemorrhage medication
- Consultations and referrals as needed
- Clean up and take down of all birthing items by birth team while you rest with your baby



Postpartum Care

Phone contact in the 12-24 hours following birth | A home visit between 24-48 hours | A visit between 1-2 weeks , 4 weeks and 6 weeks

*Additional visits may be scheduled as needed

- 24/7 phone availability between visits for urgent questions/concerns
- Availability of midwife during business hours for non-urgent questions
- Evaluations of mother's physical recovery and emotional well-being
- Evaluation of the newborn including weight, vital signs and well-being
- Breastfeeding evaluations and support
- CCHD evaluation at the 24-48 hour visit to check for congenital heart defects
- Newborn screening offered at the 24-48 hour visit and again at the 2 week visit
- Birth certificate filed with the state
- Application for newborn's social security number
- Well woman care is offered at 6-8 weeks postpartum visit
- Education on benefits and risks of different family planning methods
- Consultations and referrals as needed

Additional Services

SneakPeek gender test as early as 8 weeks gestation

Placenta Encapsulation

Supplements + NORA tea

Dynamic Body Balancing



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