FORT WORTH MIDWIFERY

Services We Offer

Getting Started

When you are deciding if Fort Worth Midwifery is the right home birth practice for your pregnancy, start at the “Am I Low Risk” tab on our website. Watch our informational video and read the documents provided below the video.
It is best if both you and your partner watch the video and read the documents. Choosing to have a home birth is a joint decision, and a purposeful effort is required from both of you.

Scheduling a Consultation

After completing the “Am I Low Risk” materials, visit the “Contact Us” tab and provide your information to request an appointment. This meeting is an opportunity to ask any remaining questions and for us to interview each other to determine whether Fort Worth Midwifery is the right fit for your family.

Prenatal Schedule

Visit schedule: Monthly until 28 weeks | Every 2 weeks from 28–36 weeks | Weekly from 36 weeks until birth

**Additional visits may be scheduled as needed.*

Prenatal care includes:

- Initial prenatal visit lasting 1–2 hours, including a comprehensive health history, physical exam, and lab work.
- Regular prenatal visits lasting about an hour, including maternal vitals, urinalysis, nutrition, well-being, fetal growth, and heart tones.
- Routine lab work.
- Children and other family members are welcome and included in appointments.
- Referral for ultrasounds.
- Nutrition, lifestyle, exercise, and other holistic counseling.
- Midwife available by phone or text between visits for urgent questions or concerns. (See appointment and communication policy)
- A home visit around 36–37 weeks so we can find our way to your home for the birth and see your birthing space.
- Birth plan discussion so we may understand how you envision your birth. Family and birth team participation is encouraged.
- Consultations and referrals as needed.

Labor and Birth

Our labor and birth care includes:

- Communication in early labor.
- Labor and birth in the familiar surroundings of your own home.
- Use of our birthing pools.
- Family-centered birth, including children you wish to have present.
- Mother’s vitals evaluated throughout labor, including emotional well-being and physical comfort.
- Baby’s heart rate evaluated throughout labor using a Doppler.
- Freedom to eat, drink, move, and use aqua therapy is encouraged.
- Freedom of birth position and location, including use of a birth pool.
- Use of herbal, homeopathic, and essential oil remedies, along with pharmaceutical medications 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 or student midwife remains with you in the event of a hospital transfer if desired.
- A doula and photographer are always welcome as part of your birthing team.

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Immediate Postpartum

Immediately following birth, care includes:

- Immediate skin-to-skin contact for mother and baby.
- Delayed cord clamping.
- A 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. First- and second-degree tears are 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.
- Vitamin K and erythromycin eye ointment available if desired.
- Postpartum care instructions reviewed with the family.
- Emergency treatment as warranted for both mother and baby, including anti-hemorrhage medication.
- Consultations and referrals as needed.
- Clean up of the birthing space by the birth team while you rest.

Postpartum Care

Visit schedule: Phone contact within 12–24 hours following birth | Home visit between 24–48 hours | Visits at 2 weeks, 4 weeks and 6 weeks

**Additional visits may be scheduled as needed.*

Postpartum care includes:

- 24/7 phone availability between visits for urgent questions or concerns.
- Midwife available 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 first postpartum visit to check for congenital heart defects.
- Newborn screening offered at the first postpartum visit and again at the 2-week visit.
- Birth certificate filed with the state.
- Application for newborn's Social Security number.
- Well-woman care offered at 6 weeks postpartum.
- Education on benefits and risks of different family planning methods.
- Consultations and referrals as needed.

Additional Services

Please ask your midwife about current pricing.

- SneakPeek gender test as early as 6 weeks gestation.
- Craniosacral Therapy and Myofascial Release.

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Maternity Package

Maternity Package Fees

Our Maternity Care Package for prenatal, labor, birth, and postpartum care is **$6,500**, due in full by 34 weeks gestation. A $500 payment is due at your first appointment, with the remaining balance divided into payments throughout your pregnancy. A minimum of $300 is due at each prenatal appointment.

Your midwifery package includes routine laboratory work, an anatomy ultrasound with our preferred provider, use of our birth pools, your birth kit, a midwife attending your birth, the CCHD screening and Newborn screening. There is no discount for not using one of these services. An additional **$500 assistant fee** is due separately.

We offer a $300 discount for veterans, active-duty military, police, fire fighters, and EMS personnel. You must notify your midwife at your initial appointment to claim this discount.

Multiples and breech births require an additional birth team member at an additional $500 expense.

Additional services are available upon request. Any laboratory work, testing, or services requested or needed outside of the included midwifery package will be billed separately.

We do not accept or bill insurance, including Medicaid. We do offer a $300 discount for those who qualify for medicaid AND provide their medicaid number at their initial appointment.

We do accept HSA payments.

Further payment information is available on our 'FAQ' tab on the website.