Homebirth Collaboration with Medical Provider **Prenatal** -Initial Consultation by phone or in-person -Monthly Prenatal Visits or Call Check-ins beginning as soon as possible (at least 5visits) -Home care: weight, blood pressure, urine analysis, fetal heart tones, fundal measurement, palpate fetal position, iron and glucose blood check - Childbirth Preparation: Birth Rights, Homebirth Pros & Cons, Anatomy & Physiology Stages of Labor, Medical Interventions (Hospital transfer), Relaxation Techniques, VBAC Facts, Breastfeeding Basics, Postpartum support -Nutrition counseling, herbal supplements provided -Home & Water Birth supplies included -Labor Support (Vitals monitored: BP, Body Temp, Fetal heart tones) -Unlimited Phone and Email Support -Community Referrals and Backup support if needed **Postpartum** - Weekly visits including Newborn Care- apgar scores, newborn body exam and weight checks -Breastfeeding support, Motherhood Mentoring, Meal Prepping if needed -Postpartum Womb Wellness Service: Herbal Vaginal Steam, Belly binding & Womb Wrap & Massage, Herbal bath, Herbal massage oils, salves, tinctures, teas The first consultation does not obligate you to our services. If you do select us, then we will want to get started on our journey together as soon as possible within 2 weeks from our initial consultation. The consult fee does go toward your package fee. As a Maternal Health Consultant, we are able to provide "low-risk" traditional health care. We encourage mothers having a medical provider for backup if transfer is needed during labor; based on your vital assessments during labor or post birth, if there are any indications for medical treatment, it may be best to transfer care to a Certified Nurse Midwife or OBGyn. However, if you decide to not have a medical provider, this does not halt your attempt to birth at home; if necessary we transfer in to the nearest labor & delivery unit for care. It is within Ga Law for all hospitals to provide care to mothers who are in need of medical care. **Consultation**: Questions for Consultant and Parents First Meet: Sign Intake Forms/Deposit **Monthly to 30wk**: Prenatal Care/Childbirth Preparation (as needed) Bi-Weekly to 36wk After 36wk as needed or weekly

