

Abeille Airdrie Midwives  
# 110 – 400 Main Street N.  
Airdrie, Alberta  
T4B-2N1



in Bump, Birth & Beyond Inc.  
Tel: 587-360-5503  
Fax: 403-775-4432  
Pager: 587-443-1234

Come and see what all of the buzz is about!

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## Welcome to Abeille Airdrie Midwives

Please keep this email for future reference as it contains important information about the online booking system for your clinic visits.

### What is a registered Midwife?

Midwives are primary care providers throughout pregnancy, birth and the first six-weeks post-partum. We are specialists in normal “low risk pregnancies” and offer the provincial standard of prenatal care that all maternity care providers follow. This means that your midwifery team can offer and order the same tests and ultrasounds and follow the same schedule of prenatal visits that you would expect to receive with a family doctor or an Obstetrician. Midwives are regulated through a provincial body, known as the College of Midwives of Alberta, and each Registered Midwife completes a rigorous four-year medical midwifery degree to achieve and maintain registration. Each year all registered midwives must re-certify in neonatal resuscitation, emergency skills and Cardiopulmonary Resuscitation (CPR). In addition, midwives carry all of vital life saving equipment and medications for emergency situations that might arise during labour and birth, such as a hemorrhage, and neonatal resuscitation.

### Can I see both a Doctor and a Midwife for my pregnancy?

Midwives offer the same type of prenatal care that you would receive with a family doctor, low-risk maternity group, and obstetrician. Alberta Health Services allows for **only one** care provider to see a person during their pregnancy. In some unique and rare circumstances, your midwifery team may encourage you to consult an Obstetrician should you develop a complication with your pregnancy, labour, birth, or complications that arise within the early post-partum period. Otherwise, you would plan to see your family doctor for any non-pregnancy related concerns, or for the routine care and management of any chronic health concerns that you have. Your midwifery team will discharge you back into the care of your family doctor at approximately six-weeks postpartum. At that time, you and your new baby would receive the follow-up, and the check-up care as needed. You do not need to find a Pediatrician for your baby unless your midwife or family doctor advises you to do so.

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### **Midwifery Care Philosophy:**

**Informed Choice:** Throughout your care your midwives will explain each procedure, test, ultrasound and treatment available to you, along with your choices, and any community standards/recommendations. You will choose whether to follow the community standards/recommendations, or you might want to wait until you have more information, or even decide to decline the recommendations. One of the goals of midwifery care is to ensure that you (and your partner) are informed about what it means to accept or decline any recommendation related to your body and your baby. We believe that pregnant parents are active participants in their growing family's care, and that you will know what is best for your body and your baby. Please feel free to ask questions and to seek more information if you are ever worried/unsure about the choices we discuss with you.

**Choice of Birthplace:** Midwives are the only care providers able to provide care in the hospital setting, inside of your home, and/or at a birth center. Choosing a location that you feel safest in while in labour is a personal choice, and your midwifery team recognizes that there are many factors that will guide your decision where you plan to have your baby. You can plan for a hospital birth with a midwife, or an out of hospital birth with a midwife. The choice is yours. For more information about this topic, please go to <http://www.ontariomidwives.ca/midwife/philosophy/birthplace>

**Continuity of Care:** Midwives either work in teams or independently (known as a “solo midwife”). The hope is that you get to know all of the members of your midwifery team over the course of your pregnancy. For the duration of your care, one of the midwives on your team will be available to the clients 24-hours, 7-days per week, and she will answer any “pager” calls when her clients have urgent concerns. Your midwifery team will explain how/when to call the pager. One of the goals of midwifery care is to build trust and for clients to feel confident that they know when something feels normal, and when it doesn't.

### **Additional Information:**

When you have an urgent concern and you are unsure if it is pregnancy related, please contact your midwife by calling the pager **before you contact Health-Link (8-1-1)**. If you need to be seen for an unrelated pregnancy concern that will not affect your pregnancy, for example, like if you injured your ankle, or chipped a tooth, then you can update your

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midwife of the occurrence at your next clinic visit and seek care from an Emergency room (ankle) and dentist (chipped tooth).

As midwifery grows in Alberta, more students will become a part of care by registered midwives, students are often an asset during birth as they bring enthusiasm, information, and support. Their participation is always supervised, but please be sure to inform your midwives of any issues you may have concerning student involvement in your care.

### **Address and Contact Information:**

All prenatal visits will occur at 110 – 400 Main Street in Bump, Birth & Beyond Integrative Care Clinic. Our clinic welcomes you to bring your children to your clinic visits (if needed) and the office can accommodate privacy for breastfeeding purposes. When you have a moment, you can find a list of the practitioners and services at Bump, Birth & Beyond by visiting the website: [www.bumpbirthandbeyond.ca](http://www.bumpbirthandbeyond.ca).

Many of you seek support with physio, acupuncture, massage, and counselling/therapy. Please let us know if you would like to coordinate your prenatal/postpartum with your midwifery team and another service at Bump, Birth & Beyond.

**General Email:** Abeille.Airdrie.Midwives@gmail.com

**Admin Support** to assist with appointment booking and General Inquiries:

Admin@bumpbirthandbeyond.ca

Phone number for any **administrative support:** 587-360-5503

Please note: Our admin team cannot address any pregnancy related questions or concerns.

**Resources and Tip Sheets:** Scroll down the website page to the “Resources Section”  
<https://bumpbirthandbeyond.ca/abeille-airdrie-midwives>

### **Pager Number for Urgent Concerns:**

Please save this number to your phone: Pager number: 587-443-1234

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The Pager number is for urgent concerns and questions that cannot wait for an email response nor could it wait until you see your midwifery team at your next clinic appointment.

**Appointment Booking website:** <https://bumpbirthandbeyond.janeapp.com/#/midwifery>

Save the link to your phone as you will need to book/view your appointments frequently in the coming months.

**To log-in:** You will be invited to validate your email and account through the Jane App and prompted to create your own password. You can download the JaneApp onto your smart phone for future appointments.

Appointment options:

Clients can book appointments on Tuesdays and Thursdays. Our team of midwives often assist with clinic dates and times to ensure the continuity of care between clients and midwives of Abeille Airdrie Midwives.

**Always check your email on the morning/day of your appointment** - We will email you to inform you that your clinic appointment may be postponed if we happen to be caught up with a client in labour.

**Appointments that are booked, in advance, for you:**

**First Appointment:**

We book you in for your first (initial) appointment that is one-hour in length. Please connect with our admin team if you need to make an alternative appointment time for your initial appointment. You can adjust the date and time of your appointments up to 72-hours (3 days) prior to your scheduled appointment time by logging into your account:

<https://bumpbirthandbeyond.janeapp.com/#/midwifery>

**Centering group Prenatal and Postpartum Sessions (90-minutes)**

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Abeille Airdrie welcomes you to participate in two Centering (small group) sessions at 24-28 weeks pregnant. You will be invited to attend again at 2-4 weeks postpartum (with your baby). Centering is an evidence-based group prenatal session program that gives clients an opportunity to meet other pregnant people at the same age and stage of their pregnancy (you can read about the research here:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5695671/>

We will have a 90-minute session on a Tuesday afternoon which includes 1-hour of topics (many of which you will choose) as well as time for visiting/getting to know one another. You will also have 5 minute belly-checks with the midwife (privately) during that shared appointment time. Clients who have participated in centering noted how they gained confidence, and felt more supported in their pregnancy/postpartum period, and stated how it improved their overall pregnancy/birth experiences. Topics planned for 24-28 weeks: Kick counts, preterm labour signs/symptoms, pelvic floor physio, pain relief in labour, and breastfeeding tips/tricks (we will add the other topics you hope to review to this list). At 33-37 weeks you will attend your Birth Basics Class with your support person, and likely see the clients you met at your Centering session.

After you have your baby, you will be invited to another Centering session to attend with your baby at 2-4 weeks post-birth.

Please note: You do not need to schedule another 30-minute appointment for the week you attend the Centering session.

**Birth Basics Class (booked for you approximately one-month before your estimated due date)**

33-36 weeks: One evening between your 33-36 weeks you will attend a Birth Basics Class - this class is offered during the evening (date night!) and gives you an opportunity to connect with other pregnant people around the same due date. The class is designed for you and your support person/partner to attend together, so please take note of the date and time. You will be notified of the Birth Basics Class date and time on/before your 28th week of pregnancy. The Birth Class will cover important information about when to call the pager in labour, your birth wishes, and unexpected events that can occur during labour, birth, and the immediate postpartum period. It is not the same as a prenatal/Lamaze birth-prep

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course. If you have difficulty attending the class with your support person/partner, please let your midwife know.

### **Frequency of your other Prenatal Visits:**

For the frequency of your prenatal visits: please follow the World Health Organization's guidelines:

From 6 weeks - 28 weeks of pregnancy: Please book in every month.

From 28 weeks - 36 weeks of pregnancy: Please book in every 2-3 weeks

From 36 weeks - 40 weeks of pregnancy: Please book in every week until your due-date.

Our booking software allows you to book your appointments as far in advance as you wish. You can adjust the date and time of your appointments up 72 hours (3-days) prior to your scheduled appointment time. You can also use the JaneApp for booking your appointments with our clinic.

### **Use of the Internet for Information – How Google can ruin your pregnancy experience...**

Please refer to the links and handouts established on our Bump, Birth & Beyond website as your first choice to review evidence-based information:

### **Pregnancy, Labour, Birth and Postpartum Resources & Handouts:**

<https://bumpbirthandbeyond.ca/pregnancy%2Fbirth-handouts>

### **Book List:**

We recommend that you borrow (copies available at the library) or purchase the following:

- Ina May Gaskin's Guide to Childbirth
- Penny Simkin's The Birth Partner - For you and your partner/husband to review
- Penny Simkin (& 4 other authors): Pregnancy, Childbirth and the Newborn: The Complete Guide - this is an evidence-based book that is based on current standards of care, and it is a better alternative to What-to-Expect When You're Expecting (not evidence-based)
- Podcast/Spotify resource: **Evidence-Based Birth**

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**- Great handouts/online resources:** <https://www.ontariomidwives.ca/clinical-topics>

**Please do not "google" conditions or questions pertaining to your pregnancy** or your baby. It can often lead to unnecessary anxiety and traumatic narratives that are not evidence-based. For your interest and "research" please consider reading handouts on these websites (before checking Google): <https://bumpbirthandbeyond.ca/abeille-airdrie-midwives>, [OntarioMidwives.ca](https://www.ontariomidwives.ca), [Alberta-Midwives.ca](https://www.albertamidwives.ca), and [evidencebasedbirth.com](https://evidencebasedbirth.com).

For those who want information at their fingertips at the appropriate age and stage of their pregnancy: **Smart Mom and SmartParent**: texting programs for expecting and new parents available for free - These programs provide three evidence-based messages each week synched with the due date and your baby's birth, and included embedded links to online sources of peer-reviewed information. They have been reviewed and endorsed by the Society of Obstetrics and Gynecologists of Canada and Canadian Pediatric Society, with funding through BC Regional Health Authorities, UBC and the BC Children's hospital. [www.smartmomcanada.ca](https://www.smartmomcanada.ca) and [www.smartparentcanada.ca](https://www.smartparentcanada.ca). You can subscribe by texting SmartMom to 12323 or SmartParent to 12424.

### **Your results and "My Health Records"**

If you use the Health Records app, sometimes your blood work will come back and be flagged as "abnormal," but the value would be considered normal in pregnancy. Your midwifery team will review all results within 24 hours of receiving them and a midwife will connect within 24 hours if anything was abnormal, and out of the normal limits in pregnancy.

### **Keeping you safe during your pregnancy, birth, and postpartum journey**

Intimate partner violence cuts across all racial, social, cultural, economic, political and religious backgrounds. Behind the abuse is the desire to exercise power and control over a person. There are many types of abuse. They include physical, emotional, verbal, psychological, sexual, and financial abuse. Some of the telltale signs for concern are threats, intimidation, manipulation, stalking, economic control, using children and isolation. Children often witness abuse, which negatively impacts their mental health and

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physical well-being directly and indirectly. Children's exposure to intimate partner violence (IPV) is a form of child maltreatment. All of this is family violence.

As midwives, we are a part of your healthcare team and our goal is to be there for you, and to keep you safe. At anytime during your pregnancy, labour, birth, and postpartum period you can speak to your midwife if you have concerns for your safety, or if you are experiencing any form of intimate partner violence. We will not judge you, nor will we tell you what to do... we will be someone that you can talk to and should you ask for support, and resources, we can offer you this.

If you need to be safe and avoid immediate harm you can **call the pager number** and say that you "are worried about **a Cold-69 virus**, and that you need to check on the baby" and your midwife will offer you an **immediate in-person assessment at the hospital**.

We also offer a discrete way to disclose that you need help when you come to your prenatal/postpartum in-clinic visits. You can fill out a sticky note that will be hidden in the black box on the bottom left shelf in the bathroom at the front of the clinic. Put down your first name and "Code 69" on the paper, along with your phone number. Our team will check the box on midwifery clinic days (Tuesdays, Wednesdays, and Thursdays).

Our team has included information sheets should you need more information and support with safety planning (see attached documents). We will ask you about whether you feel safe with those who you live with, and we will ask you if you are being harmed/abused physically, emotionally, financially, spiritually, sexually, and mentally at various stages of your midwifery care. Please know it is because we know it can take 7 times for the question to be asked before a person feels safe to disclose.

### **Training and Midwifery Education**

At Abeille Airdrie Midwives we are passionate about encouraging the growth of midwifery in Alberta. Midwifery students are an important part of our practice, and so there is a possibility that you will have a midwifery student involved over the course of your pregnancy, birth, and postpartum period. Our team and clients also support important midwifery and maternity-related research. You may be invited to participate in pregnancy, birth, and postpartum research studies. Please know that your participation in research is optional and voluntary.