

# Frequently Asked Questions

## Why use a midwife?

A midwife is just as safe as a hospital birth. She will use less interventions such as Pitocin induction, IV, episiotomies, vacuum extraction, epidural anesthesia, artificial rupture of the membranes, fetal monitoring, forceps, and Cesarean section. She knows and uses natural methods of easing labor. Using a midwife as a caregiver means having a trusting, caring relationship. You will not have to wonder who will be your doctor at your birth. The same person who cared for you during your prenatal period will be with you at your labor and birth, and will also help you through your postpartum period. She will make every effort to give you the birth that is best for you and your baby. She will be with you throughout your labor, not just there for the birth. "A midwife is your friend for life."

## What areas do you serve?

I serve approximately a 50-mile radius from my home town of De Leon in Comanche County, Texas. The Stephenville to Brownwood area is pretty indicative of my area. I have begun caring for Abilene clients and will consider new clients in that area, depending on my case load. I am in Abilene for appointments one day per week, and for labor and birth.

## I'm pregnant! What do I do first?

>First of all, CONGRATULATIONS!!! I consider the first few weeks of pregnancy crucial for making sure that your eating, resting, and exercising habits are what they need to be. Also, check out this link for the Brewer Diet, an excellent diet from which I took my "basic diet" below.

<http://www.drbrewerpregnancydiet.com/>

## When should I set up a first appointment?

I consider that you need to see your caregiver fairly early in pregnancy, at about 10 weeks after your last menstrual period. At that visit, you will give me your medical and gynecological history, we will listen to your baby's heartbeats for the first time, and I will perform a blood draw, among other things. This first appointment will last approximately 1 1/2 to 2 hours.

## What supplies will I need?

You won't need many things for a home birth. Midwives keep things beautifully simple! You will have two options:

I will furnish you with a supply list which you can use to purchase the supplies you will need, or you can order my customized birth kit from a supplier.

## Do you have references?

I do indeed! E-mail me and I will send you a list of people who have said that they will be a reference for me anytime!

## What are your fees?

I charge a global fee for your care, which includes all of the items listed under "How I Work."