

What is a Midwife?

- Midwives focus on caring for the whole person, family, and community.
- Midwives help pregnant people through labor, check the health of babies, and care for families in their homes, at birth centers, or in a hospital.
- Midwives listen and respect a pregnant person's right to make decisions about their own bodies.
- Midwives work with doulas, community health workers, obstetricians, pediatricians, and other health care providers, so they can help fill in health care gaps.
- Midwives travel to serve throughout their community and are known for their wisdom and healing.
- Midwives have been around all throughout history and in every culture across the world.
- Midwives continue to pass down traditional birth customs from generation to generation.
- Midwives are an important key for improving maternal health and increasing the number of satisfied families who have better birth outcomes.



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