

We thoroughly enjoy providing individualized, biodynamic care to women. One aspect of our care that is unique is that we offer true informed choice. We believe it is your right to choose what is best for you and your family. We do our part in supporting your decision-making process by taking the time to provide you with clear, evidence- and tradition-based information about the benefits, disadvantages, and alternatives of each choice you are considering. The following is an overview of the services we offer to the community.



Preconception Care

We know that healthy women grow healthy babies. We offer nutritional and herbal support and education for those who are planning to conceive. We are available to discuss conscious conception and the desires you may have for your pregnancy and birth. We can assist with at-home insemination as well as education about charting your cycles to increase your bodily awareness and ability to conceive.



Prenatal Care



Our prenatal care consists of regular hour-long visits during which we get to know you and your family. At each prenatal, we will check your blood pressure and pulse, dip your urine, palpate your uterus to determine which position your baby is in, measure your baby's growth, and listen to his or her heartbeat. We take time to listen to you, address any questions or concerns you may have, and learn about your desires for this pregnancy and birth. We meet once a month until the beginning of your 8th month, twice a month during your 8th month, and once a week in your last month of pregnancy. We are also available to you by phone throughout your pregnancy and on-call 24 hours a day, 7 days a week once you enter your due time.



Labor and Birth



When labor starts, we encourage you to listen to your body – rest if you are tired, eat if you are hungry, and move if you are restless. We have learned from experience that women usually know instinctively what to do to get their babies born. If we see that you need suggestions, we gently provide them. We know that each labor unfolds in its own unique way, at its own unique pace and we honor the wisdom of you and your baby. We strive to maintain a quiet, peaceful atmosphere, with dim lighting and minimal intervention throughout the labor and birth. Once you give birth to your baby, we continue to maintain this atmosphere. Family bonding takes precedence over all other needs, including examination of you or your baby unless the need to investigate the well-being of either is necessary. After you and your family have had time to meet your new family member, we perform a complete head-to-toe newborn exam and any follow-up care that you may need. We clean up, pack our bags, and take our leave once you and baby are nestled into bed, usually 2-3 hours postpartum.



Unwished for Surprises

Occasionally it becomes necessary to transfer care of either mother or baby to the hospital. As part of our prenatal care with every family planning a homebirth we make a back-up plan so that your wishes are known ahead of time and the transfer from home to hospital can go as smoothly as possible. Items discussed include preferred hospital/practitioner (for non-emergent transfer), hospital procedure preferences, and care of children/pets. Transport is generally by private vehicle, unless otherwise indicated, and once at the hospital we continue to provide information and support. When you have returned home, we resume our normal schedule of postpartum care.



Postpartum Care



Our postpartum care includes a visit at 1 day, 3 days, 1 week, 2 weeks, and 6 weeks after the birth. At each visit, we check in on and weigh the baby, ask about your physical and emotional well-being, provide any breastfeeding support that may be needed, and answer any questions or concerns you may have. At the 6-8 week postpartum visit, we offer a complete well-woman gynecology exam.



Services for the Non-Pregnant Woman

We also offer well-woman gynecology exams to all women in the community. We provide annual pap smears, breast exams, STI testing, information about various forms of birth control including barrier methods, hormonal methods, IUD, and Natural Family Planning, and we offer fitting for barrier method birth control including the cervical cap, FemCap, and diaphragm. We also offer nutritional and herbal fertility and menopause support.



Referrals

We provide referrals to local naturopaths, acupuncturists, massage therapists, chiropractors, pediatricians, and other professionals whose services you may want or require during your care with us.

*"Love. Its roots are deep. Its source unknowable."
- Kenko Yoshida*