

# Midwifery Continuity of Care: Benefits, Access, and Support Options



## Highlights

Midwifery continuity of care is when a midwife or a small group of midwives supports you through pregnancy and birth.

Getting care from a midwife you know during pregnancy, labour, birth, and early parenting has many benefits.

## In This Article

A Midwife

Midwifery Continuity of Care

Benefits of Midwifery Continuity of Care

Accessing Continuity of Care with a Midwife

Costs of Midwifery Continuity of Care

Alternatives to Midwifery Continuity of Care

Tools and Assistance

## A Midwife

Your home

Your community

Public and private hospitals  
Birth centres  
Clinics or health units

## **Midwifery Continuity of Care**

Continuity of carer  
Caseload  
Midwifery group practice

## **Benefits of Midwifery Continuity of Care**

A more positive labour and birth experience  
Fewer interventions during labour  
A higher likelihood of having a vaginal birth  
Increased chances of successful breastfeeding  
Reduced risk of premature birth

## **Accessing Continuity of Care with a Midwife**

### **Caseload Midwifery or Midwifery Group Practice**

#### **Team Midwifery**

#### **Private Midwifery Care**

### **Costs of Midwifery Continuity of Care**

### **Alternatives to Midwifery Continuity of Care**

#### **Shared Care**

#### **Additional Support**

#### **Tools and Assistance**

Midwifery Associations: Many countries have national or regional midwifery associations that provide resources for expecting parents. These associations

often maintain directories of registered midwives and offer support for choosing the right care model for your needs.

**Health Clinics:** Public and private health clinics often provide detailed information about midwifery services. These clinics may offer prenatal classes, consultations, and can help guide you in finding a midwife or midwifery-led care options.

**Prenatal Classes:** Many hospitals and healthcare facilities offer prenatal classes that cover topics such as midwifery care, birthing options, and postpartum support. These can be valuable for understanding what to expect during pregnancy, labor, and early parenthood.

**Maternity Care Helplines:** Some regions have dedicated helplines or hotlines for maternity-related inquiries. These services can provide guidance on midwifery services, maternity care options, and general advice for expecting parents.

**Community Support Groups:** Local parenting groups or community organizations often offer peer support and can provide recommendations for midwives and other healthcare professionals. They can also be a great source of emotional support during pregnancy and the early stages of parenthood.

**Private Midwifery Care Providers:** If you prefer a more personal approach to your maternity care, private midwifery services may be an option. These services are typically more individualized and allow you to have continuous care with one midwife throughout your pregnancy, birth, and postnatal care.

**Health Insurance Providers:** If you have health insurance, your insurance company can provide details on what maternity and midwifery care services are covered under your plan. Some insurance providers also have dedicated maternity care coordinators who can assist in finding midwifery care providers and understanding coverage.

**Local Birth Centres:** Birth centres often provide midwifery-led care in a homelike setting. They are usually staffed by midwives and may offer a more relaxed and personalized approach to pregnancy and birth.