

## Reviving Traditions

### Home-Visiting Care

The Hearth & Home midwife comes to your home for your prenatal visits. Home based prenatal visits become a fun "family affair."

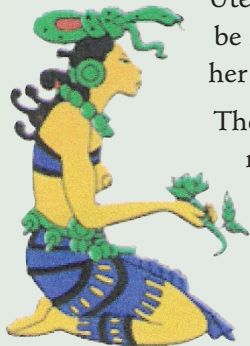


Home birth means you don't have to go anywhere once you are in labor. The midwife comes to you.

Postpartum home visits encourage mama to rest and keep the family focused on bonding.

### Maya Abdominal Uterine Care

The Arvigo Techniques of Maya Abdominal Uterine care assist a woman to be more comfortable during her pregnancy.



The abdominal work helps relieve indigestion, heartburn and tension.

The uterine work aligns the uterus properly allowing the baby to move into an optimal position.

The sacral work helps to relieve backache and sciatic pain and aligns the pelvis for a smooth labor and birth.

This gentle external treatment also facilitates the body to balance the hormones and helps the cervix to be ready for labor.

## Study Affirms Home Birth Safety

On June 18th 2005, the British Medical Journal published a study called "Outcomes of planned home births with certified professional midwives: large prospective study in North America."

**The study of 5418 women affirmed that:**

- Planned home birth with a certified professional midwife was associated with a high degree of safety and maternal satisfaction. Over 87% of mothers successfully birthed at home without requiring transfer to a hospital.
- At the six week postpartum visit 98% of mothers and babies were in good health with no problems. 95.8% were breastfeeding, 89.7% exclusively.
- Women who planned home births were less than half as likely to receive medical interventions as those who planned hospital births. Planned home births were associated with lower rates of:
  - Caesarean section (3.7% versus 19.0%)
  - Episiotomy (2.1% versus 33.0%)
  - Vacuum extraction (0.6% versus 5.5%)
  - Electronic fetal monitoring (9.6% versus 84.3%)

To review the entire study go to:  
<http://bmj.bmjournals.com/cgi/content/full/330/7505/1416?ehom>

Hearth  
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MIDWIFE

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Home Birth  
with a Midwife

**Anne Hirsch**

Licensed Midwife  
Certified Professional Midwife

Serving the Tampa Bay Area

**(727) 452-6188**  
[midwifehomebirth.com](http://midwifehomebirth.com)

*My name is Anne Hirsch, CPM, LM. I am licensed by the state of Florida (MW143) and certified by the National Registry of Midwives as a Certified Professional Midwife.*



*The Florida Licensed Midwife provides a unique brand of woman-friendly maternity care for women having normal healthy pregnancies and births.*

*My joy is "home birth" and "home visiting" care. The Hearth & Home midwife provides you, the childbearing woman, your baby and your family with personal, empowering, safe maternity care, and a gentle birth for you and your baby.*

**Water Birth** If you are a person who takes a warm bath to relax, you understand how beneficial water can be. Water allows the body to unwind, soften and open during labor and birth.



Babies can be born directly into water. This gives them a gentle transition to life outside the womb.

If you choose a water birth, Hearth & Home Midwifery brings a portable "Aquadoula" tub to your home for your labor and birth.

## *Prenatal Care*

*a sacred journey begins*

*Woman-centered,  
Family-focused*

- ☛ Care is individualized according to each woman's needs and desires
- ☛ Family is welcome and included

*Nutrition and lifestyle*

- ☛ Focus on healthy eating, exercise, rest and relaxation habits
- ☛ Foods, nourishing herbs and remedies help with discomforts of pregnancy

*Education*

- ☛ Teaching packets at initial and 7 month visits
- ☛ Childbirth education
- ☛ Breastfeeding class

*Clinical monitoring*

- ☛ Screening blood work
- ☛ Physical exams
- ☛ Referral for ultrasound
- ☛ Visits:
  - monthly to 7 months
  - every 2 wks to 36 wks
  - weekly until birth

## *Giving Birth*

*a new family emerges*

*Your body knows best*

- ☛ Midwife encourages you to follow your body's cues
- ☛ Walking and position changes help your labor progress
- ☛ Drink and eat during labor

*Coping with labor*

- ☛ A private, calm environment helps you relax
- ☛ Comfort measures assist you
- ☛ Loved ones give support

*Your baby*

- ☛ Comes directly into your arms
- ☛ Delayed cord clamping facilitates a gentle transition

*Monitoring during labor*

- ☛ Handheld doppler monitors baby heart rate
- ☛ Mother's vital signs are checked

## *Postpartum*

*nurturing the future*

*Breastfeeding support*

- ☛ Continuous contact between mama and baby supports the first hours of breastfeeding
- ☛ Ongoing midwife support with home visits as needed

*Infant massage*

- ☛ Midwife teaches infant massage techniques to help soothe and relax your little one

*Clinical aspects*

- ☛ Follow-up visits at 2 days, 1 week and as needed
- ☛ 6 week completion visit



**Call for a free consultation • [midwifehomebirth.com](http://midwifehomebirth.com)  
(727) 452-6188**