Midwives Clinic: Ten Things to Know



1. Certified specialists in pregnancy and well-women's healthcare

Members of the American College of Nurse-Midwives, each midwife at the Midwives Clinic is an Advanced Registered Nurse Practitioner (ARNP) with a master's degree.

2. Comprehensive appointments with personalized, attentive care

The midwives' appointments are a full 30 minutes, giving time to have your questions and concerns addressed, receive information, as well as get to know the midwives who will support you during your baby's birth.

3. More thorough prenatal and postpartum education

While midwives recommend you participate in childbirth education classes, the clinic appointments are a wonderful in-depth education resource as you progress through your pregnancy and beyond.

4. Continuous, one-on-one labor and delivery care

Because we work as a team, the midwives provide continuous, personalized support and care (labor sitting) throughout your baby's birth, encouraging you to be an active decision-maker and partner in your care.

5 Know the midwife who will deliver your baby

You will have the opportunity to meet with all the midwives in our group during your pregnancy—so you can rest assured the midwife helping you, one-on-one through labor and delivery, will be a familiar face.





6. Access to advanced diagnostic services, specialists and surgeons

When appropriate, midwives can recommend ultrasound, amniocentesis and other procedures and refer women to specialists and surgeons as needed.

7 Deliver in a state-of-the-art Birth Center

Valley Medical Center has a state of the art Birth Center with an excellent nursing staff and beautiful private suites with whirlpool spa, guest bed, room service dining, on-demand movies and more. New mothers and babies receive help with breastfeeding from a devoted lactation specialist group.

8 Full spectrum of pain management options

Under your midwife's care, you will have access to a full spectrum of pain management options including soothing baths, relaxing music, massage and medications.

9. Immediate access emergency services, including Level III Neonatal Intensive Care

For peace of mind and the safety of the mother and baby, an obstetric physician is on-duty 24/7 in the unlikely event of an obstetric emergency, including Caesarian delivery. For fragile babies, the only Level III Neonatal Intensive Care Unit (NICU) between Seattle and Tacoma is located at The Birth Center.

10. Access to additional support services

At the Midwives Clinic, you'll have access to maternity support services, including WIC, with onsite social worker assistance. We have links to mental health services throughout the community, breastfeeding and mom's support groups, counseling programs, plus referrals for prenatal aquatics and other exercise programs, doulas and alternative childbirth education.



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