

## what is a midwife?

A midwife provides the mother-to-be and her family with highly personalized attention, education, counseling, and obstetric care throughout pregnancy, labor, delivery, and recovery. Our midwives will assist you in creating a personalized birth plan and provide patients with the information to make personal decisions about their pregnancy, birth, and parenthood. Some women choose a midwife as an alternative to an OB/GYN physician or family doctor because of the personalized maternity care offered. For more information about nurse-midwives, visit [www.mymidwife.org](http://www.mymidwife.org).

As midwives, we view non-complicated childbirth as a natural and healthy process. We encourage patients to trust their instincts and to let nature take its course, with the midwife focusing her attention on the mother-to-be.

## part of a remarkable team

The midwives are part of Valley Medical Center's outstanding healthcare team. When appropriate, midwives will refer mothers-to-be to specialists and surgeons and can recommend ultrasound, amniocentesis, and other procedures. In the unlikely event of an emergency, the Midwives at VMC have 24-hour access to highly skilled, board-certified obstetricians and state-of-the-art technology. For fragile babies or those born with complications, we have a comprehensive Neonatal Intensive Care Unit.

## about Valley Medical Center

Valley Medical Center is the largest nonprofit healthcare provider between Seattle and Tacoma, serving over 400,000 residents. The medical center also operates a network of more than two dozen primary care, urgent care and specialty clinics throughout Southeast King County. Located in Renton, Washington, VMC offers medical, surgical and 24-hour emergency care as a Level III Trauma Center. VMC is a regional resource with recognized medical specialties in joint replacement and orthopedics, neuroscience, stroke and spine, sleep medicine, and childbirth and neonatal, and provides specialized treatment in heart and vascular, and cancer.

## resources

For more information about Midwives at Valley Medical Center, or to schedule an appointment, please **call 425.656.INFO** or visit **[www.valleymed.org](http://www.valleymed.org)**.



400 South 43rd Street  
Renton, WA 98055  
425.656.INFO  
[www.valleymed.org](http://www.valleymed.org)

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# midwives clinic

Remarkable things happen here.™



## about midwives at Valley Medical Center

The Midwives at Valley Medical Center are Advanced Registered Nurse Practitioners (ARNPs) specializing in pregnancy and well-women's healthcare. The midwives in our group hold master's degrees and are members of the American College of Nurse-Midwives. The Midwives are committed to providing women and their families with attentive and personalized care throughout pregnancy, delivery, and beyond.

## personal and attentive prenatal care

Regular appointments with your midwife include generous time for questions, education, and monitoring of your health and the baby's growth. Your midwife will encourage you to actively participate in decision-making and to be a partner in your care.

In addition to personalized, one-on-one visits, Midwives at VMC offer group prenatal care, called CenteringPregnancy®.

## birth, delivery, and beyond

Central to midwifery philosophy is the support of your midwife during active labor. Options to help you through the work of labor include soothing whirlpool baths, relaxing music, massage, and medications. Our Birth Center philosophy is "single-room care," which means you labor, deliver and recover in your own private suite, surrounded by family and friends of your choosing.

## additional services

The Midwives at Valley Medical Center offer routine gynecological care, family planning, and contraception. Our group also provides maternity support services, from a social worker, a bilingual community health worker, and multi-lingual interpreters.



As part of The Birth Center, Valley Medical Center offers certified lactation consultants to assist with breastfeeding. This and other Birth Center services, including birth preparation and parenting classes, are available to patients of Midwives at VMC. To inquire about a tour of the facility, call **206.575.BABY** or visit **[www.valleymed.org](http://www.valleymed.org)**.

