



A Midwife for Better Birth

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What You Can Expect From Me

When you become my client, you can expect the highest standard of midwifery care available. I do limit my clientele each month so that I am able to maintain that standard of care. Every pre-natal is one hour in length (minimum) during which you and your growing baby will be nurtured and a routine check-up will be performed. You will be given the opportunity to voice any concerns, opinions and/or questions during your time with me. This is your pregnancy, your baby and your birth. When you hire me, I believe you have hired me as your partner for a safe and healthy birth. As partners, we will always treat one another's ideas and opinions with utmost respect.

Office Hours

My office is located at 19553 Lindenmere Drive, in Monument. My hours are scheduled by appointment only. Call to schedule with me, and if you want to come by, call first to be sure I am here. Usually I am in the office by 9:00 am and am finished after my last appointment of the day.

Phone Rules

My cell number is: 719-332-0331. As my client, you have access to me 24/7. If you call and get my voicemail, always leave a message and then text me also. I will call you when I become available. NEVER text me in the middle of the night if you are in labor. If in labor, you should call me. If your call is not an emergency, I ask that you respect my after hours time and weekend time, and try to call during business hours.

When Should I Call You?

You should call anytime you have questions or concerns that cannot wait till your next appointment.

No matter what time of day or night it is, you should call me if you are running a fever, if you are worried about your baby, if you are bleeding, if your water breaks, or if you are in labor. Otherwise, call me during the day.

Childbirth Education

I have been a childbirth educator for the last 37 years and will work with you and your partner during our prenatal time to meet your needs throughout your pregnancy. You are always encouraged to ask questions and I will do my best to satisfy your inquiry. You are welcome to arrange for and attend a childbirth class of your choice if this is not what you had in mind.

I have taken the level one training of Birthing from Within with Pam England and all my clients have the option of participating in birth art projects.

Who Will Come to My Birth?

Your birth environment is very important to me. I encourage my clients to give thoughtful consideration regarding any observers they wish to invite. You are welcome to invite as many or as few as you prefer. Older siblings are always welcome, but must have a designated person whose main purpose is to care for the older siblings; And that person must be comfortable with the idea that they may not have the opportunity to witness the birth if an older child is not comfortable in the birthplace at the time of birth.

You are welcome to hire a doula for your birth if that is your preference.

When you hire me as your midwife, I am your primary care giver and when you come to my office, you will always see me. When you are in labor you will call me and I will come to your birth. One of my colleagues will also attend your birth as my assistant.

How Long Will You Stay after the Birth?

I will remain with you and your newborn for approximately 4 hours following your delivery. During this time I will be monitoring your vitals and those of your baby. I want to be sure you are not bleeding excessively, that your blood pressure, pulse, and temperature are stable. I will be watching the baby to be sure she is breathing without stress, that her temperature is stable and I will perform the newborn exam with you looking on. I will be sure that both mother and baby are well nourished before I leave.

What about the Mess?

Surprisingly to most families, birth is not as messy as they had pictured. My assistant and I will leave your birthplace neat and tidy. We will start your laundry while we are there and we will pack up all our equipment to take with us as we go. (The only exception may be the labor pool; every birth is a different circumstance.)

What If I Need to go to the Hospital?

If it becomes necessary to transport you and/or your baby to the hospital you will not be left alone. I will accompany you and usually my assistant comes along as well.

Does My Baby Need To See a Pediatrician?

My license allows me to care for your newborn for the first six weeks following birth. If there is any indication that your baby is in trouble or needs more specialized care than I can provide, I will refer you to a pediatrician, specialist and/or hospital. If you want to have your baby seen by a pediatrician following the birth, that is of course your prerogative. I do not do circumcisions, as this is a surgical procedure. If you are planning to circumcise, you will need to make arrangements with a pediatrician or family practice doctor.

How Often Will I See You after the Birth?

I will follow your care for twelve weeks post partum. After your baby is born, I will see you the next day at your home, the third day at your home, the 7th - 10th day at my office, the three week, six week, nine week and twelve week follow-up appointments are at my office. I offer you a post partum pap smear at twelve weeks that is included in my fee for your birth. And of course if you need to be seen for any reason in between these visits, you will be seen.

What Sets Your Practice Apart from All the Rest?

I am a direct-entry midwife trained by the apprenticeship model of midwifery care. (This is the hands-on training approach. I received academic instruction concurrently, along with instruction and application of practical skills.) I am the only midwife in the area who has provided childbirth education and a doula service for over 22 years. I had been established in the birth community for many years before beginning my midwifery training, which I believe, equipped me to better serve women in childbirth. Two of my other strengths are my art background and business experience. Both have been incredible assets to setting up my practice as a midwife.

As my client, you will have access to my lending library.

I have always made Belly Butter and will continue to have it available to my clients. Your first jar is complimentary. The cost of the Belly Butter is \$10.00/jar or \$8.00 if you recycle the container by bringing it back to me to be filled again.

As my client, you will be given the option to participate in any or all of my birth art projects throughout your prenatal time and post partum.

And, as my client you will always be treated with consideration and respect.

As I work toward making birth better for women and their families I appreciate your time and consideration of what I might offer you through professional midwifery care.

And, as always, your referrals are greatly appreciated!

For Better Birth,

Dana Savage, RM, CPM