

# MIDWIFERY CARE HAS THREE IMPORTANT PRINCIPLES

1

## Continuity of Care

You will be seen by the same small group of midwives in a midwifery practice. These midwives will be available to provide your primary care 24 hours a day, throughout your entire pregnancy and birthing process. Midwives can stay involved in your care even if you need to see a doctor during your pregnancy or labour. Midwives spend time developing a relationship with you and provide safe, personalized care during your pregnancy, labour, birth, and for 6 weeks afterwards.

2

## Informed Choice

Midwives see pregnancy and birth as healthy processes and profound, natural events in a woman's life. Midwives provide you with information about all your options and support you in making decisions that are right for you.

3

## Choice of Birthplace

Midwives are primary caregivers who provide care that respects your needs, values, and dignity. A midwife will offer you the choice of where to have your baby and will be able to provide the care you need whether you choose to give birth at home or in the hospital. In any setting, midwives consult with other health care providers when necessary.



The College operates under the principles of **accountability**, **responsiveness**, and **accessibility**. At the core of all College activity is the principle of **servicing** and **protecting** the public. The College's role is to **regulate** the practice of the profession of midwifery and to **govern** its members in accordance with legislation and regulation.

Contact us at any time: [www.cmo.on.ca](http://www.cmo.on.ca)

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# About Midwifery

Are you pregnant and considering a midwife?

Wondering how the College of Midwives of Ontario protects you?

Need information about Registered Midwives?



[www.cmo.on.ca](http://www.cmo.on.ca)

COLLEGE OF  
MIDWIVES  
OF ONTARIO



ORDRE DES  
SAGES-FEMMES  
DE L'ONTARIO

# ABOUT THE COLLEGE

## *Why does the College exist?*

The College is here to protect the public – specifically childbearing women and their babies. The College regulates the practice of midwifery, just as various other Colleges in Ontario regulate the practice of dentistry, medicine, teaching, and occupational therapy (to name only a few).

## *What does the College do?*

The College's main functions are: registering midwives, ensuring the quality of midwifery care, setting standards, and investigating and responding to any issues about midwifery care. The College decides what education is needed in order to work as a midwife in Ontario. It runs a program to ensure midwives maintain their skills, and provides the public with information about midwifery care.

## *What if I have a complaint or concern about my midwife or midwifery practice?*

That's exactly why the College is here – for you. The College has a committee to deal with complaints or concerns regarding the conduct of its members. The College is committed to its responsibility to protect the public and holds its members to high standards. If you have any questions or concerns about your midwife or midwifery practice, you should contact the College directly. You can also visit our website for more information: [www.cmo.on.ca](http://www.cmo.on.ca)

# COMMON QUESTIONS ABOUT MIDWIFERY

## *How does the College protect me?*

The College makes sure, in several different ways, that its members provide competent and ethical care. The College sets standards and guidelines for midwives to ensure you are protected, receive quality care, and are informed about your choices. The College also requires midwives to be responsive to individual and community needs.

## *When do I contact a midwifery practice?*

You can contact a midwife as soon as you think you are pregnant. You do not need a referral from a doctor. Your midwife is responsible for providing all the care, support, and advice you need throughout your pregnancy.

## *What can I expect from a midwife?*

A midwife will work with you to support the kind of positive pregnancy and birth experience you want. Midwives are registered health care professionals who are qualified to provide all your primary health care during the pregnancy, labour, and birth. Primary health care includes all the necessary tests, examinations, check-ups, support, and referrals that you may require. Midwives will also remain involved and continue to care for both you and your baby for 6 weeks after your baby is born.



## *How do I find a midwife?*

The College maintains a public register which provides information about every midwife who practices in Ontario. You can search for midwives and midwifery practices on the College website: [www.cmo.on.ca](http://www.cmo.on.ca)

## *Is home birth a safe option?*

Yes! Giving birth at home has been shown to be as safe as in a hospital if you are having a healthy pregnancy, are attended by a registered midwife who has the appropriate equipment, and there is a way of getting to a hospital if required. The College requires every midwife to have the skills, equipment, and experience needed to make home birth a safe option.

## *Do I still need a doctor?*

No, not usually. In a normal, healthy pregnancy and birth a midwife can provide all the required care, right from your very first appointment. Your midwife may refer you to a doctor or hospital for additional care if it is needed. At all times, the safety and health of you and your baby are of primary importance to a midwife.

## *Do I have to pay for midwifery care?*

The short answer is no. Midwifery services are completely funded by the Ontario Ministry of Health and Long-Term Care, so clients do not pay for care.