



Congratulations on your pregnancy and thank you for your interest in Brookhaven Women's Health + Natural Birth Center. I am a Certified Professional Midwife providing home birth and birth center births to clients in Harrisonburg/Rockingham Co. and the Shenandoah Valley. This letter will provide you with information about my birth philosophy, the scope of my practice, Virginia midwifery regulations, and the basic costs of midwifery care.

I believe birth is a miraculous and sacred family event. A deeply intimate and profoundly personal act of surrender and sacrifice. An event to be recalled for years to come as joyful and triumphant. I believe that giving birth in one's own home or other comfortable out-of-hospital setting, surrounded by those you love, with the vigilant, supportive, and loving care of a midwife is the best possible way to bring forth new life. I believe all mothers and babies deserve midwifery care at home, in hospital, and in birth centers.

As a homebirth and birth center midwife I am privileged to be "with woman" during this glorious time in her life. I strive to provide evidence-based, personalized, individualized, and respectful care to each and every mother that invites me to be her midwife. My care is radically different from typical obstetrical practice in that I see my role as a guide and teacher, a friend and supporter, an advocate for mothers and the unborn. I do not manage your pregnancy, I do not put routine procedures or policies above family bonding or mothers' preferences. Because I believe that women are created perfectly to give birth with little to no interference I do my best to minimize technological interventions. However if you desire such things as ultrasound or amniocentesis, choosing home birth midwifery care does not prevent you from receiving them.

My care consists of monthly prenatal visits until 28-30 weeks, every other week until 36 weeks and weekly thereafter until birth. Prenatal visits last one hour and include discussion and education on a variety of pregnancy topics including but not limited to: Nutrition, fetal and maternal testing, warning signs in pregnancy, and childbirth preparation. The last 10-15 minutes of each prenatal is spent on clinical tasks such as listening to your baby's heartbeat, measuring the baby's growth, taking mom's blood pressure, and other vital signs. Each prenatal visit includes ample time to

answer any of your questions or concerns. We invite dads to join the conversation as well.

The practice of Midwifery by Certified Professional Midwives is regulated by the Virginia Board of Medicine.

I began Red Tent birth Service in 2004 after I received training as a postpartum doula. I have since expanded my practice to include labor assisting, midwifery care, and most recently Birth Center Birth. I started attending home births and working toward CPM certification in 2006. During that time I attended many workshops and midwifery study groups. My apprenticeship with Mountain View Midwifery began in 2007. I traveled out of the country in 2008 to volunteer and attend births at a clinical site in the Dominican Republic. In late 2008, I completed a nine-week internship at Casa De Nacimiento, a high-volume, midwife-run, and free-standing birth center, in El Paso Texas. In 2009 I traveled to Africa and worked for four weeks in a busy "Maternity". I finished my training with Birth By Design in 2009 and received my Virginia Midwifery License in 2010. I opened Brookhaven Health and Natural Birth Center on Labor Day in 2010 and am extremely proud and excited to offer this option to Virginia moms.

I have two children of my own, both were born naturally and the second was a home waterbirth.

The cost of midwifery care, home birth, and birth center birth varies depending on which package a client chooses. Payment plans, filing with insurance, and barter arrangements are available. The cost for additional care in the event of a transfer to hospital, either during labor or postpartum, is billed separately by the receiving hospital and physician.

If a transport becomes necessary we will go to Rockingham Memorial Hospital. I will call ahead and make arrangements with the attending physician or midwife and accompany you to the hospital.

I offer free consultation and tours to discuss my services. Please call to schedule an appointment. I look forward to working with you!

Sincerely,

Misty Ward

Recommended Reading:

- ❖ *Ina Mays Guide to Childbirth* by Ina May Gaskin
- ❖ *Orgasmic Birth* by Elizabeth Davis and Debra Pascali-Bonaro
- ❖ *Home Birth* by Sheila Kitzinger
- ❖ *The Thinking Woman's Guide to a Better Birth or Obstetric Myths Versus Research Realities* by Henci Goer
- ❖ Any book by Dr. Marsden Wagner or Michel Odent.

I highly recommend watching films about birth. I have several in my library that are available to borrow. The public library also carries a few of these films as does Netflix.

- ❖ The Business of Being Born
- ❖ Pregnant in America
- ❖ Birth Day
- ❖ Orgasmic Birth
- ❖ Born in Water
- ❖ My Body, My Baby, My Birth

Local Resources

- ❖ Le Leche League: Laurel 298-9035, Geneva 540-435-7686,
- ❖ Meg 289-3024, Katie (Luray) 740-3301
- ❖ Birth Matters Harrisonburg: Lynn Lieschner 560-0379

State Organizations

- ❖ Legislative information: www.VABirthPAC.org
- ❖ Consumer information: www.birthmattersva.org
- ❖ Professional information: www.commonwealthmidwivesalliance.org
- ❖ Birth Matters Virginia: www.birthmattersva.org

National Organizations

- ❖ North American Registry of Midwives: www.narm.org
- ❖ Midwives Alliance of North America: www.mana.org
- ❖ Citizens for Midwifery: www.cfm.org
- ❖ Foundation for the Advancement of Midwifery: www.formidwifery.org
- ❖ Mothers Naturally: www.mothersnaturally.org