

# Helpful tips for community-based discussions about midwifery care and birth

It is common for people to feel confused about what their birth will look like regardless of whether their care is with a midwife, obstetrician or family doctor.

The following questions may be helpful to ask each of these providers so that you can share the answers with your family, friends and community:

- Who will look after me during my labour?
- What happens after I deliver my baby?
- What kind of supports are available for breast/chest and infant feeding?
- Who am I able to bring to my birth?
- Who is likely to be present in the room during my birth?



## Tips for engaging your community

- Share videos about client experiences of midwifery care:
  - » Visit [learnmoreontariomidwifery.com](https://www.learnmoreontariomidwifery.com)
  - » Direct family members to resources on the Association of Ontario Midwives' website, including videos of past clients talking about their birth experiences
- Find out if your local midwifery clinic, birth centre or hospital conducts an open house or offers in-person or virtual tours.

If you are not sure if midwifery care is right for you, book an appointment at a nearby clinic. This will allow you to see where midwives work, and you will have a chance to speak with a midwife and learn about the care that they provide. If your family has questions, ask if they can join you at your appointment. Meeting with a midwife does not mean that you have to choose midwifery care—it means that you are gathering information about your options. You have the right to choose the care that is best for you.



## If considering an out-of-hospital birth:

- Find out if a nearby midwifery clinic is offering homebirth information nights.
- Invite your loved ones to visit [ontariomidwives.ca](https://www.ontariomidwives.ca). This website has excellent, public-friendly, evidence-based research and information about out-of-hospital birth.
  - » The Ontario Midwives YouTube channel has a client and family resources playlist, featuring videos of midwifery client experiences giving birth at home, in the hospital and at the birth centre; home birth equipment; prenatal care; and more: [youtube.com/ontariomidwives](https://www.youtube.com/ontariomidwives)