

Meet the Midwives



If you think you are in labor, call Labor and Delivery (916) 688-6667

Resources:

Before and after the birth of your baby



Important Phone Numbers:

Labor and Delivery –	(916) 688-6667
Breast pump eligibility –	1-833-752-4737 #2
https://breastpumps.byramhealthcare.com to order pump	
Health Education Dept-	(916) 688-2428
Ob/Gyn Advice –	(916) 688-2055
OB/Gyn Social Worker –	(916) 688-2317
Early Start Specialist –	(916) 688-6342
Admissions Office –	(916) 688-2522

Pediatrics:

Elk Grove Pediatrics–	(916) 478-5200
Pediatric Advice Line--	1-866-454-8855

Pregnancy Resources:

KP Pregnancy Member website

www.kp.org/mydoctor/pregnancy

- Weekly Pregnancy Updates
- Online Tour of Labor and Delivery
- Watch videos

Doulas

<https://www.dona.org/what-is-a-doula/find-a-doula/>

Or <http://www.capitalcitydoulas.com/>

WIC

<http://www.dhhs.sacounty.net/PR1/WIC/Pages/Women-Infants-and-Children-Home.aspx>

American Academy of Pediatrics (AAP)

www.AAP.org

Postpartum Anxiety/Postpartum Depression Support

- Contact your KP provider to register

Kaiser Permanente South Sacramento is prepared to help you with your breastfeeding goals by providing the following resources:

Breastfeeding Classes, sign up for a Breastfeeding or Newborn Care class by calling (916) 688-2754.

In the Hospital, our specially trained nurses and lactation consultants will help you with breastfeeding.

Newborn Services (By appointment only) with a Pediatrician and Lactation Consultant, call (916) 688-6800.

Breastfeeding Appointments and Advice

With a Lactation Consultant by appointment only, call (916) 688-6800 for general breastfeeding advice or to make an appointment. Call (916) 688-6676 to speak with a lactation consultant during office hours.

Breastfeeding Supplies and Rentals

Monday - Friday, 8:30am to noon and 1pm - 4:30pm

For pump rental and sales information, call (916) 6882754. Closed holidays.

Baby and Me

Join our weekly virtual support group to meet other moms and discuss the joys and challenges of newborns. This group is facilitated by a Certified Lactation Educator.

Thursdays, 9:30am -11:00am. No group on Holidays.
Starting March 1, 2023, Group will be Every Wednesday from 12-1:30 PM.

Resources for More Information

Recommended by your Midwife Team at Kaiser South Sacramento

General Pregnancy & Birth

Pregnancy, Childbirth and the Newborn by Penny Simkin

Expecting Better by Emily Oster

Babies are not Pizzas by Rebecca Dekker, PhD, RN

Childbirth Connection childbirthconnection.org

American College of Nurse Midwives ourmomentoftruth.org

Labor & Delivery

Evidence Based Birth evidencebasedbirth.org

Optimal Care in Childbirth by Henci Goer and Amy Romano

The Birth Partner by Penny Simkin

Spinning Babies spinningbabies.org

Mindful Birthing by Nancy Bardake

Giving Birth with Confidence by Judith Lothian and Charlotte De Vries

Postpartum

Nobody Told Me About That: The First 6 Weeks by Ginger Breedlove, PhD Editor 2018

Breastfeeding

La Leche League lalecheleague.org

Stanford Children's Hospital breastfeeding videos <https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

WIC: <http://www.dhhs.saccounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx>

Planning pregnancies, birth control, contraception

Bedsider bedside.org

Taking Charge of Your Fertility by Toni Weschler

Two Day Method of fertility awareness twodaymethod.com

Herbal resources

Rebecca's Herbal Apothecary (esp. postpartum sitz bath) rebeccasherbs.org

Mountain Rose Herbs (bulk herbs, esp. red raspberry leaf) mountainroseherbs.com

Other

Feminist Midwife feministmidwife.com

The Midwife Is In themidwifeisin.com

Crisis Text Line crisistextline.org text 741741 from anywhere in the US to connect with a crisis counselor

Go Ask Alice! at Columbia University – health and sex advice goaskalice.columbia.edu

Gut: The Inside Story of Our Body's Most Underrated Organ by Giulia Enders

Environmental exposures in pregnancy <http://prhe.ucsf.edu>

Documentaries

<http://www.themamasherpas.com/>

You can also rent on Amazon prime for \$3.99

<http://www.thebusinessofbeingborn.com/>

On netflix and amazon

It's my body, my baby, my birth

<https://www.youtube.com/watch?v=0EjJSLHHWbk>

Ready, Set... Not Yet!

What Should I Expect in Early Labor?

At full-term (37-42 weeks):



Early labor is the very beginning of labor. Contractions generally start off mild and become stronger and closer together over time. It is the longest phase of the birth process. Be patient. Progress can be slow until your cervix opens to about 5-6 centimeters and active labor begins. Active labor is the phase when your cervix begins to open more quickly and your contractions are stronger and closer.

When Should I Call the Hospital?

- If your water breaks
- If your baby is not moving normally (fewer than 10 kicks during a two-hour kick count)
- *If this is your first baby:* When you have contractions that are difficult to speak through, are 3-5 minutes apart, and last a minute each over a one-hour period
- *If you have given birth before:* When you have contractions that are difficult to speak through, are 8-10 minutes apart, and last a minute each over a one-hour period

Follow your midwife or physician's instructions if they are different than above. Trust your instincts. Please call with any concerns or questions, and before you leave for the hospital.

Kaiser Permanente South Sacramento
Labor & Delivery
(916) 688-MOMS

Did You Know?

- Painless, irregular contractions are the way the uterus gets ready for true labor. This can occur hours to weeks before the big day!
- Contractions may start and stop several times before active labor begins.
- Early labor for first-time moms often lasts 24 hours or more.
- If you have given birth before, labor may be shorter.

kp.org/maternity



Early Labor at Home Helps Me to:

- Enjoy the comfort of my own home with my loved ones
- Have the freedom to change positions and environment
- Increase my own oxytocin, the hormone that allows labor to progress and cervix to open
- Drink and eat as I like

What Can I Do to Be Comfortable While at Home?



Rest and Relax



Walk and Change Positions



Take slow, deep breaths or meditate



Use warm or cold packs on lower back



Distract yourself with a book, TV, games, etc.



Ask your partner or friend for a gentle massage



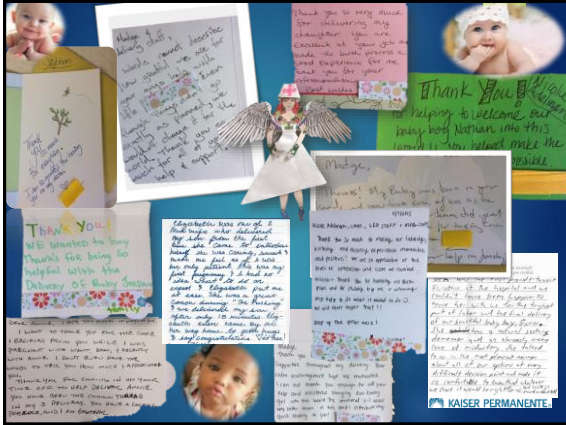
Take a warm shower



Take a bath



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Meet the Midwives



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Introductions



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What's special about delivering at Kaiser Permanente South Sacramento?

- Certified Nurse Midwives
- Labor tubs
- Low C-section rate
- High success rate for VBACs
- Private rooms
- Uniquely supportive environment for having the kind of care that YOU want and need



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What are Certified Nurse Midwives?

- Specialists in normal pregnancy and birth
- Registered nurses with a graduate level degree in the art and science of midwifery
- State licensed and nationally board certified

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Who's On Your Team?

- ▶ Midwives
- ▶ Obstetricians
- ▶ Registered Nurses
- ▶ Certified Registered Nurse Anesthetists and Anesthesiologists
- ▶ OB technicians
- ▶ Respiratory therapists
- ▶ Pediatricians and Special Care Nursery nurses
- ▶ Lactation Consultants
- ▶ Housekeeping staff
- ▶ UC Davis Emergency Residents



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Midwifery Philosophy of Care

- Pregnancy and birth are normal body processes
- Women and families should be:
 - ▶ Individually educated and counseled about their care
 - ▶ Included in decisions
 - ▶ Supported to have the birth they want
 - ▶ Empowered to give birth safely and confidently
 - ▶ Supported in their breastfeeding goals



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Midwifery Care at South Sacramento

- ▶ Prenatal Office Visits
 - South Sacramento, Elk Grove Big Horn and Promenade
- ▶ Triage
 - Evaluate labor, order tests, admit to hospital or send you home
- ▶ Labor and Delivery
 - Evaluate your labor, offer support and suggestions
 - Attend delivery
- ▶ Postpartum
 - Daily visits in the hospital
 - Follow up postpartum visits at 4-6 wks after delivery



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Questions?



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Midwives recommend:

- ▶ Attending Childbirth Classes
- ▶ Sharing your Birth Preferences
- ▶ Doula care
- ▶ Walking throughout your pregnancy and in labor
- ▶ Staying home in early labor
- ▶ Breast feeding
- ▶ New Mom's postpartum group



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Midwives recommend:

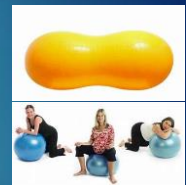
- Intermittent auscultation of baby's heart rate in labor
- Saline lock IV
- Walking and frequent position changes in labor
- Eat and drink as desired
- Medication as desired
- Physical and emotional support



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Midwifery Tricks of the Trade

- ▶ Frequent position changes in labor
- ▶ Exercise "birthing" ball
- ▶ Peanut ball
- ▶ Rebozo
- ▶ Hydrotherapy—shower and tub
- ▶ TENS unit
- ▶ Nitrous oxide
- ▶ Various positions for pushing and delivery—sitting, squatting, standing, side lying, hands and knees
- ▶ Perineal support



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Research Shows Midwifery Care Helps Women:

- ▶ Give birth without pain medicine if desired
- ▶ Have a satisfying birth experience
- ▶ Give birth without the need for cesarean, forceps or vacuum delivery
- ▶ Have slightly shorter labor and hospital stay
- ▶ Have a decreased risk of infection, birth injury, vaginal trauma and episiotomy



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What happens if there are complications?

- ▶ Midwives:
 - Identify and diagnose complications in pregnancy, labor and postpartum.
 - Collaborate with doctors if pregnancy or birth becomes medically complicated or high risk
 - Assist in cesarean deliveries



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Questions?



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Safety in Labor

- Physician involvement or medical interventions may become necessary
- Any recommendations from our team are made with the welfare of Mom and Baby as our top priority
- Feelings of disappointment can occur when labor is different than envisioned
- We are available after delivery to review and answer questions about what happened with you and your family



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OUR PROMISE TO YOU

We will do everything we can to ensure a healthy baby, a healthy mother, and a supported, satisfying experience.



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Frequently Asked Questions

- How can I see a midwife in clinic and/or on labor and delivery?
- How can I see my midwife postpartum?
- Am I guaranteed to have a midwife at my birth?
- What is the difference between a doula and midwife? Do I need a doula if I have a midwife?



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Resources

- ▶ Spinningbabies.com
- ▶ Childbirth Classes and Healthy Beginnings Newsletter
- ▶ Evidence Based Birth evidencebasedbirth.org
- ▶ *Mindful Birthing* by Nancy Bardake
- ▶ *Giving Birth with Confidence* by Judith Lothian and Charlotte De Vries



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South Sacramento Midwives



We are looking forward to Your Special Delivery



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Certified Nurse-Midwives

“The best of both possible worlds, in my opinion, is to have a nurse-midwife at your side in a hospital. Then you get the nurturing and the advocacy, and the backup if there are complications.”

- Ann Pleshette Murphy, *Good Morning America* Parenting Contributor

The South Sacramento Midwifery Service is a dedicated group of professionals who strive to provide the best OB care available every day and night. We understand that the most satisfying birth experience happens when the team taking care of you and your family listens closely and communicates clearly with you. As midwives, we take educating our patients seriously – we want to be on the same page with you. “If I know it, you should know it.”

We believe that a team of midwives, doctors and nurses can provide the safest care, and so we are constantly building and strengthening our team. We are in close communication with your nurse and OB/GYN physicians to assure your safe passage through any difficulties that might occur.

We are advanced practice nurses; we are registered nurses (RN's) with two years of advanced, graduate-level training in midwifery. We are nationally board certified by the American College of Nurse-Midwives and licensed to practice by the state.

We take our clinical skills seriously, and take great pride in helping you and your baby achieve the healthiest birth possible.

We support our moms' decisions regarding epidurals and pain medications, and offer any information and/or advice that might help you make your own decision.

Each birth is special and unique; we feel privileged to be a part of it and delight in the surprises and the wonder. Thank you for entrusting your birth to us. We are looking forward to it!

Go to Kp.org/mydoctor to find out more about our CNMs!



Baby and Me on Zoom: Every Wednesday at 12-1:30 PM

Discussion topics include infant behavior, caring for yourself, responding to your infant's cues, breastfeeding, and more. The groups meet weekly on a drop-in basis, and there is no fee. This group is for KP members only.

See the reverse for testimonials from moms like you.



Join by using the QR code or go to the last page to click on the hyperlink to gain access to the group.