

At home After Birth

Your midwife will visit you and your baby at home following your discharge from the hospital. She will give you advice and assistance for up to 2 weeks following birth. Your midwife will then refer you and your baby to your local child and family health centre.

Our Caseload Midwifery Practice Team



Australian Breastfeeding Association

www.breastfeeding.asn.au

Raising Children Network

children.net.au

Red Nose

rednose.org.au

Perinatal Anxiety & Depression

www.panda.org.au

Further Inquires

If you would like to participate, you should be

- In good health, without medical conditions
- Anticipating a natural birth with no planned Interventions
- Prepared to go home with your baby within 4 to 6 hours after birth, if you are both well
- Your GP will refer you to the antenatal clinic noting that you would like to be considered for the program or please call directly to the Caseload Midwifery office on 9845 9129. A midwife will contact You to discuss the practice and answer any questions you may have.



For more information and fact sheets please visit www.womensandnewbornhealth.com

Need an Interpreter?

Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. Please let us know if you would like an interpreter.

You can also call the **Translating and Interpreting Service** on **131 450** if you need to speak to us before your appointment.

Westmead Hospital Women's and Newborn Health – Midwifery Caseload Practice

Providing holistic care for women during pregnancy, birth and at home with a new baby.



Health
Western Sydney
Local Health District



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Philosophy

Pregnancy and childbirth are normal healthy life events. We support women to birth with minimal intervention. We aim to provide continuity of care during pregnancy, labour, birth, and the postnatal period, so that women are more likely to have a positive experience of labour and birth.

Midwifery Caseload Practice

A team of midwives work together to ensure a smooth and safe journey through pregnancy.

Program access is dependent on availability of midwives, and your pregnancy history.

Early contact to enter the program is advisable.



Your Care

Your midwife will get to know you very well. You will have direct access to your midwife. From time to time your midwife may not be available to take your call or provide all care. Your midwife will ensure you have access at all times to a health professional.

Your midwife will consult with a doctor so that you and your baby will receive the care that you both need.



Pregnancy check- ups

Your check-ups at your home can be scheduled to fit in with your lifestyle. Your midwife will follow the schedule of visits as set by NSW Health.

Appointments we will focus on your unique needs and expectations and respect your cultural beliefs.

Plans for birth and the postnatal period will be discussed so that you can make informed choices.

Labour

You and your midwife will be in contact during early labour and discuss when to come into hospital. Your midwife will provide care and support during labour and birth.

You will be encouraged to go home 4 to 6 hours after birth and be followed up by your case load midwife in the comfort of your own home.

If there are any reason for you to remain in hospital, you will be admitted to the maternity ward.

