



## How can I find a midwife?

Make contact with a midwife for every pregnancy as soon as you know you are pregnant. Ask for a Pregnancy Information Pack available from your family doctor.

- Ask friends and family about a midwife they would recommend.
- Go on line [www.findyourmidwife.co.nz](http://www.findyourmidwife.co.nz)
- Visit or phone your local community birthing unit to help you find a midwife:

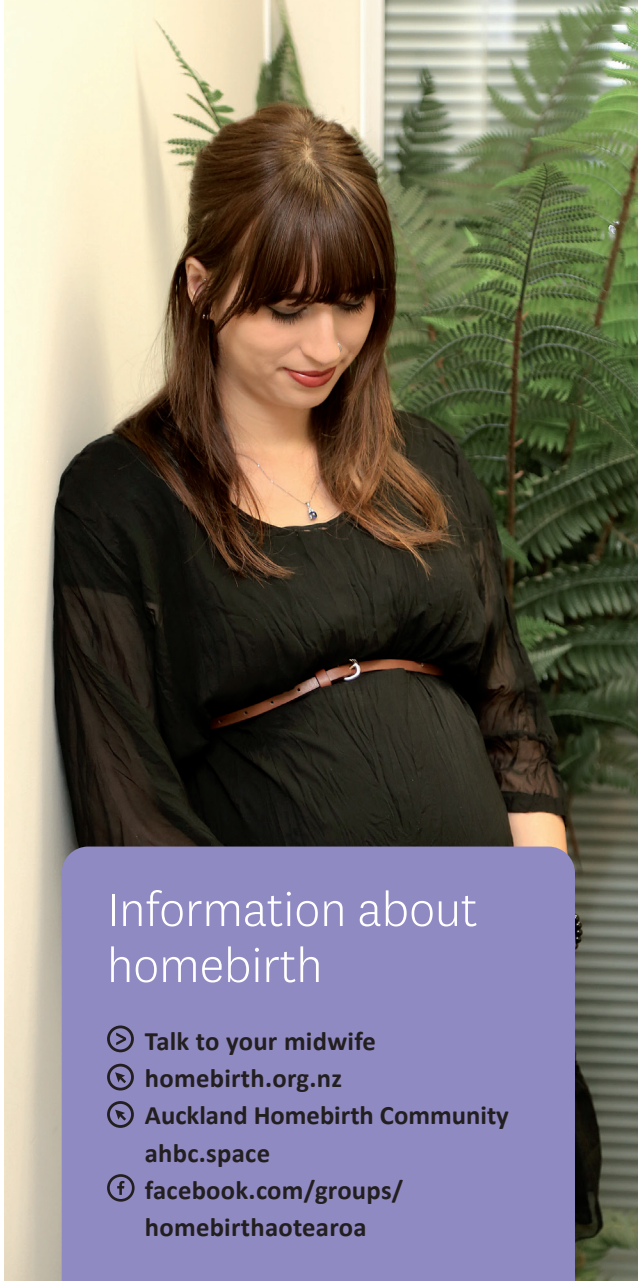
Botany - 292 Botany Rd, 09 259 5032  
 Papakura - 1 Clevedon Rd, 09 299 9102  
 Pukekohe - 1 Tuakau Rd, 09 237 0629

If your local birthing unit is Middlemore Hospital or you have a more complex pregnancy, please call 09 276 0187.

- If you are still unable to find a midwife, ask your family doctor to complete an electronic referral to Maternity Services.

For more information on maternity care:

- <https://www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy>



## Information about homebirth

- Talk to your midwife
- [homebirth.org.nz](http://homebirth.org.nz)
- Auckland Homebirth Community [ahbc.space](http://ahbc.space)
- [facebook.com/groups/homebirthaotearoa](https://facebook.com/groups/homebirthaotearoa)



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## Options for Maternity Care in Counties Manukau Health Facilities



## Congratulations on your pregnancy

**Pregnancy is an important time to check on your health and the health of your unborn baby by having regular antenatal visits from as early as possible.**

**Where you decide to birth your baby can affect your choice of maternity carer. This leaflet is designed to help you and your family in making a decision about the right option for you.**

Choosing who provides your maternity care can depend on many factors including:

1.

Where would you like to birth your baby?



**Home**



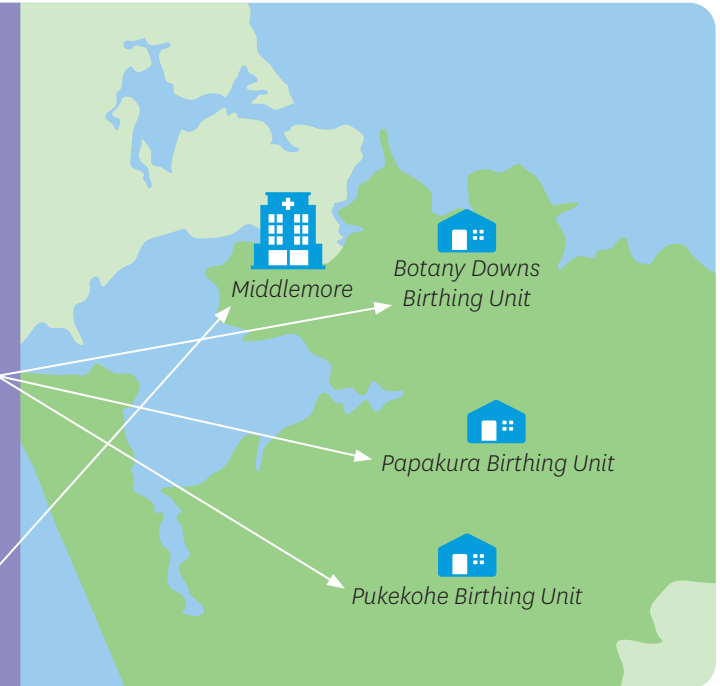
**Birthing Unit**

Well women with uncomplicated pregnancies are recommended to birth here.



**Hospital**

Women with pregnancy complications are recommended to birth here. An example is if you have diabetes or high blood pressure. If you birth at Middlemore and both you and baby are well, do expect to be transferred to a birthing unit after the birth.



## Who can provide my maternity care?

Pregnant women in New Zealand are able to choose who will provide their pregnancy care.

A Lead Maternity Carer (LMC) is a health professional who specialises in pregnancy care and is responsible for providing and coordinating your care during your pregnancy, labour and birth and up to six weeks after your baby is born. LMC's are midwives in Counties Manukau.

Your options should be explained to you when you make first contact with a health professional. Pregnancy care is free to eligible women. Please discuss your eligibility with your family doctor or chosen midwife.

2.

What you would prefer to be available for you?



Water for labour & birth



Natural approaches to managing labour & birth



Pain management options

3.

What type of birth you have had with your other babies



4.

Your medical history and any current medical conditions



5.

Your personal birthing philosophy and that of the midwife

