

Birthplace Options

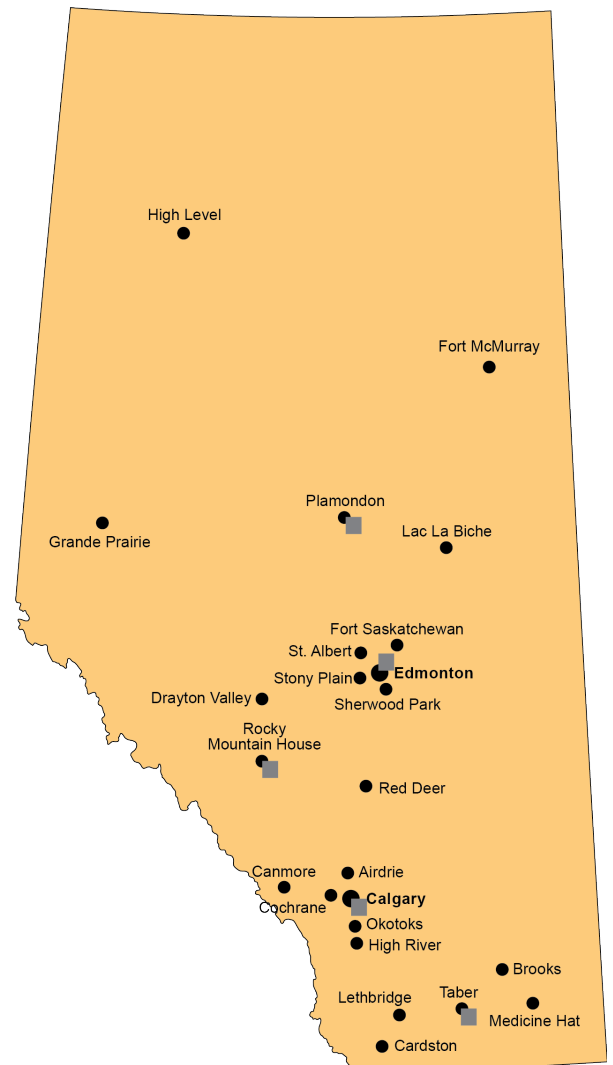
The Alberta Association of Midwives believes that everyone has the right to choose where they give birth. Midwives are the only perinatal care providers who offer a choice of birthplace.

During your pregnancy, your midwife will discuss your birthplace options, including the risks and benefits of each setting, answer your questions and provide information to make an informed decision on where you feel most safe and comfortable.

In Alberta, approximately 68% of people in midwifery care plan to give birth in the hospital. Hospitals provide quick access to specialist care and increased monitoring for you and your baby. All Registered Midwives in Alberta maintain hospital privileges. If you are at increased risk for certain complications, giving birth in the hospital is recommended.

If you prefer to explore home birth, midwives are the only primary care providers in Alberta who receive extensive education and training to help clients safely birth at home. 25% of Alberta midwifery clients plan to have home births. If you are experiencing a healthy, low-risk pregnancy, research has shown that a home birth is just as safe as a hospital birth for both you and your baby.

A third option is a Birth Centre. These are community-based, health care facilities that offer a safe, home-like atmosphere to labour and birth. To give birth at a birth centre, you must be in the care of a Registered Midwife. Currently, there are four midwifery-led birth centres in Alberta.



Birth Centres

- Arbour Birth Centre, **Calgary**
- Lucina Birth Centre, **Edmonton**
- West Country Midwives Birth Suite, **Rocky Mountain House**
- Tree de la Vie Midwifery Birth Suite, **Plamondon**

Hospital, home, birth centre — your birth, your choice.

☎ 1.833.502.2176

✉ info@alberta-midwives.ca

🌐 www.alberta-midwives.ca

