



WITH YOU
MIDWIFERY

About us



With You Midwifery empowers, supports and cares for you in a unique, woman-centered model of pregnancy care.

We're with you all the way.

With You Midwifery was created for you from a need for continuity and consistency of information with guidance and ongoing support from a known Midwife on the Mornington Peninsula.

With You Midwifery have made it their mission to be available, to listen, to encourage and to have faith in your body, even when you don't.

Our offering

You can receive private, one-on-one Midwife continuity of care from the moment you are pregnant until your baby is six weeks old. With You Midwifery helps you and your family feel prepared to achieve a positive birth experience.

We believe a positive birth means:

- You birth how you want to birth
- Choices are informed by reality, not fear
- You are empowered and enriched
- Memories are warm and proud

Through sharing and listening, your Midwife will help you achieve the best possible outcomes for both you and your baby. Listening to your story – about you; your past history; any previous birthing experiences which may impact on this current pregnancy; your friend's stories; your mother's story; your partner's story.

Your dedicated Midwife will travel this journey with you, guiding you, providing relevant information and education, and helping you make choices and decisions to assist you in achieving a positive outcome.

Quietly encouraging. Quietly coaching. Quietly supporting.

A young girl with blonde hair in pigtails, wearing a white lace dress, is touching the belly of a pregnant woman who is also wearing a white lace dress. The woman's hands are resting on her belly. The scene is intimate and tender.

Antenatal

A newborn baby is lying down, and its feet are being held gently in two hands. The baby's face is visible in the background, looking towards the left. The scene is soft and focused on the baby's feet.

Postnatal

Antenatal (pregnancy) care

With You Midwifery provides all the antenatal services your GP or Obstetrician would provide. This includes performing checks on your baby's growth and heart rate, checks on your wellbeing and comprehensive education and support whilst building a trusting relationship with your Midwife.

Your Midwife will order all routine ultrasounds, routine pathology and can prescribe a certain list of medications according to the PBS formulary for Midwives, as required.

Below is a list of services routinely completed:

- Compiling a comprehensive medical, surgical and family history
- Height and weight measurements and blood pressure checks
- Maternal wellbeing, including emotional support and reassurance
- Fetal wellbeing checks, including growth measurements and heart rate monitoring
- Education and discussion about your baby's development
- Ordering of routine antenatal tests, investigations and ultrasounds
- Nutrients, vitamin and supplement education
- Discussion of birth preferences and birth planning, including guidance on booking into hospital
- Discussions on common discomforts of pregnancy and coping strategies for labour
- Education about what your body is doing during the different stages of labour and strategies on how to work with your body
- Instilling belief in your body through empowerment and preparedness

Postnatal (post birth) care

Post birth can be a very difficult time for any woman and we believe it is crucial that every woman access real and practical support, whether in a midwifery clinic or in your home. Postnatal midwifery offers you support, care, understanding and information you need to successfully make the transition into motherhood.

Care and support in the postnatal period is just as important as the rest of the pregnancy. Therefore, we feel it is important your Midwife visit frequently during your first week at home to ensure you are managing physically, mentally and emotionally.

Your Midwife is available to call, email or visit in our clinic or your home until your baby is six weeks old.

Following is a list of services available:

- In home support and care after discharge (up to six weeks)
- Health and wellbeing check of the mother
- Health and wellbeing check of the baby, including weight checks
- Education and support of your baby's sleep cycles
- Breastfeeding assessment, education and support
- Discussion and ordering of contraception, if required

My With You Midwifery journey

Your With You Midwifery journey starts with a referral from your GP. See the following chart to see the With You Midwifery model of care in more detail.

It's easy to see why it's the best choice for you and your baby.

Yay, I'm pregnant...now what?

See GP for referral to your choice from below

Public hospital clinic

Who: Doctors and Midwives from hospital clinic
Pregnancy risk level: Low
Care: Postnatal care on ward. Home visit x 1 by rotational Midwives.

GP shared care

Who: Family GP and hospital doctors
Pregnancy risk level: Low-medium
Care: Co-care with GP for regular visits and hospital Doctor for key visits. Home visit x 1 by rotational Midwives.



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With You Midwifery

Who: One allocated Midwife with you
Pregnancy risk level: Low
Care: Continuity of pre- and postnatal care with home visits up to 6 weeks. Ultrasounds, prescriptions and pathology tests ordered by your Midwife.

Midwife hospital clinic

Who: Team of rotational Midwives
Pregnancy risk level: Low
Care: Rotational Midwives on ward with Doctor involvement for prescriptions and pathology tests.

Private Obstetrician

Who: Obstetrician of your choice
Pregnancy risk level: All
Care: See Obstetrician for all your pregnancy care, give birth in private hospital. No home visit. 6 week review in clinic.

Book in with your **With You Midwifery** Midwife

Is Midwife care suitable for me?

If you're looking for an alternative maternity care model to the current system and if your values and personal ethos aligns with the With You Midwifery mission, then Midwife care is for you.

Additionally, your pregnancy must be assessed as low risk to be cared for by a private Midwife.

What is a low risk pregnancy?

Low risk pregnancy is defined as having no medical and obstetric complications. Women who have experienced asthma, previous forceps or vacuum birth, gestational diabetes managed through diet or infertility treatment are all welcome to be cared for by With You Midwifery.



Benefits of a private Midwife

Continuity of care from a Midwife enables the development of a long-term, trusting relationship between you and your care provider. You have the opportunity to surround yourself with another confidence-boosting and knowledgeable partnership based on common values.

The benefits to the women are numerous:

- Care by a practitioner trained in the normal, natural and everyday
- Longer appointment times to allow time for questions, education, debriefing and developing a trusting relationship
- Shorter wait times in a familiar, comfortable clinic setting (not surrounded by sick people at the GP)
- Continuity of care, information and common values
- Better prepared, therefore calmer, for labour and birthing

Having the continuity of a midwife while you're pregnant is beneficial to both you and your baby. A woman who receives care from a known midwife is more likely to¹²:

- have a normal birth³;
- have a more positive experience of labour and birth;
- be satisfied with her maternity care⁴; and
- successfully breastfeed her baby.

A baby whose mother received care from a known midwife is more likely to⁵:

- be born at term;
- be born healthy;
- receive skin-to-skin contact early; and
- bonds better with its mother.



Meet your Midwife

Penelope Watson

RN, RM, Eligible Midwife

Mother of three daughters

I am the founding Midwife of With You Midwifery.

I have been a practicing Midwife for 19 years. During my 13 years at Box Hill Hospital, I worked within a continuity of care program, Know Your Midwife, as a primary care provider of five women per month. I provided antenatal, birthing and postnatal midwifery care and education to women, their families and babies. Being on-call 24 hours a day for five days a week to take calls from women or attend the hospital for labour and birth care, I worked in collaboration with obstetric staff to provide best standard practice. The women felt involved in their care, issues were followed through, but most importantly I was able to build a rapport and develop trusting relationships through continuity of care.

For the last five years, I have been working within the award winning maternity unit at The Bays Hospital in Mornington.

After furthering my qualifications with the Graduate Certificate in Midwifery, provided by Flinders University SA, I am passionate about providing a more holistic level of care to women in the community. Achieving this endorsement to my qualification has allowed me to renew my passion for providing continuity of care. I believe by caring and working with you during your pregnancy, you will build your confidence and will be empowered to enter the last stages of your pregnancy with confidence in your body. I look forward to giving you ongoing care and support after the birth of your baby once you are home.



What is an Eligible Midwife?

Women no longer need to see a specialist to have pathology tests ordered, routine ultrasounds ordered or to receive routine pregnancy care. Eligible Midwives have an extra notation on their registration, endorsed by the Nursing and Midwifery Board of Australia as meeting the following requirements:

- Current general registration as a Midwife in Australia with no restrictions on practice
- Greater than 3 years full time Midwifery experience since the completion of initial registration as a Midwife
- Current competence across full scope of midwifery practice (ie. competence to provide pregnancy, labour, birth and postnatal care to women and their infants)
- Successful completion of an approved professional practice review program for Midwives, such as the Australian College of Midwives' Midwifery Practice Review
- 20 additional hours per year of continuing professional development relating to the continuum of midwifery care
- Completion of an approved prescribing course

Once endorsed, an Eligible Midwife can apply for a Medicare Provider Number enabling women to claim Medicare for midwifery services. An Eligible Midwife can also order tests and investigations such as blood and ultrasound tests. Further, endorsement as an Eligible Midwife enables that Midwife to refer to an Obstetrician or Paediatrician as required.



Do I need a referral?

Yes. You can either download a referral form from withyoumidwifery.com.au, call or email With You Midwifery or request one from your GP.

Does Medicare cover any With You Midwifery services?

Yes. Providing you have a referral from your GP. You will be able to claim a rebate for most of the services that With You Midwifery provide. Request a fee schedule from With You Midwifery to find out more.

Will my Private Health Fund cover any costs?

Some private health funds may offer a further rebate for some postnatal services only. Speak to your health fund for more information.

Where can I birth my baby?

At present, With You Midwifery does not have admitting rights to any hospital. You can give birth at Frankston as a public patient or at The Bays Hospital Mornington under the care of a private Obstetrician. This can be explained further when you attend your first visit.

What if there is a problem with my pregnancy?

Your Midwife will discuss and collaborate with either the doctors at your birth hospital or your choice of Obstetrician and refer you for ongoing care if this becomes necessary.

Do I still need to see an Obstetrician?

As part of the Shared Maternity Care guidelines it is recommended you have a pregnancy review by an Obstetrician or doctor at 34 weeks gestation, then again at 41 weeks if you are past your due date.

5973 4368
info@withyoumidwifery.com.au

86 Tanti Avenue
Mornington VIC 3931

withyoumidwifery.com.au