

The Power of Continuity

A guide for 1st time mothers

Consistent support for your journey
into motherhood



Guided By You
Midwifery

Presentation

Agenda

Understanding Continuity

Trusted Relationships

Clinical Outcomes

Postpartum Support

Empowerment



***BUILDING
TRUST WITH
YOUR MIDWIFE***

**Building Confidence
Through Continuity**

Seeing the same midwife throughout your pregnancy reduces anxiety, allowing for a deeper emotional connection and a safer, more supported journey into motherhood.

Defining Continuity of Care



A Midwife That Knows You

Experienced personalised support from a dedicated midwife that understands your medical history, emotional wellbeing, birth preferences and unique journey as a first time mum.

The Power of Consistent Support

Comfort Through Every Chapter



- **A familiar face reduces anxiety**
- **Building deep trust creates a safer space**
- **Continuity of care ensures your voice is heard and respected at every stage**

Care Tailored to You

Knowing Your History

I maintain a deep understanding of your medical history to provide seamless support throughout your pregnancy, birth and postnatal journey

Honouring Your Preferences

Your birthplan and personal choices are respected and understood without needing a constant explanation

Aligned Birth Goals

I support you and encourage the birth experience and wellness outcomes you desire

Better Clinical Outcomes For Mothers

Safer Births Through Continuity

Continuity care significantly reduces medical interventions, such as, inductions of labour and caesaraen births.

This promotes a safer more natural start for first time mothers



Proven Impact on Maternal Health

Data driven results for new mums

Evidence based research highlights how continuity of midwifery care transforms the birthing experience by reducing risks and enhancing emotional wellbeing

10%
Fewer
Caesarean
Births

11%
Fewer
Instrumental
Births

17%
Fewer
Episiotomies

The Fourth Trimester Journey

Birth

The immediate days following birth, focusing on physical healing and the first steps of bonding with your newborn in a calm environment

Weeks 1-2

Navigating the complex shift in hormones and identity, ensuring you feel heard and supported as you process the profound experience of becoming a mother

Weeks 3-4

Finding your rhythm as a mother, integrating your new identity with confidence while maintaining a sustainable pace for your family's long term wellbeing

Weeks 5-6

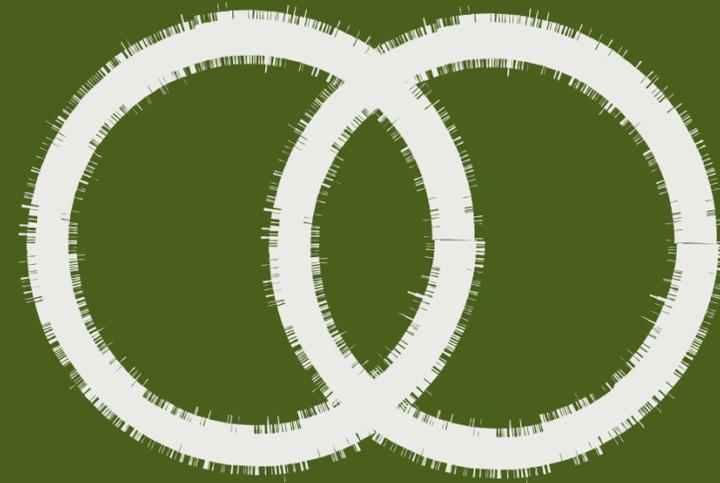
Establishing successful feeding patterns and restorative sleep routines, supported with guidance to ensure both mother and baby feel nurtured and secure

Recovery and Holistic Wellbeing



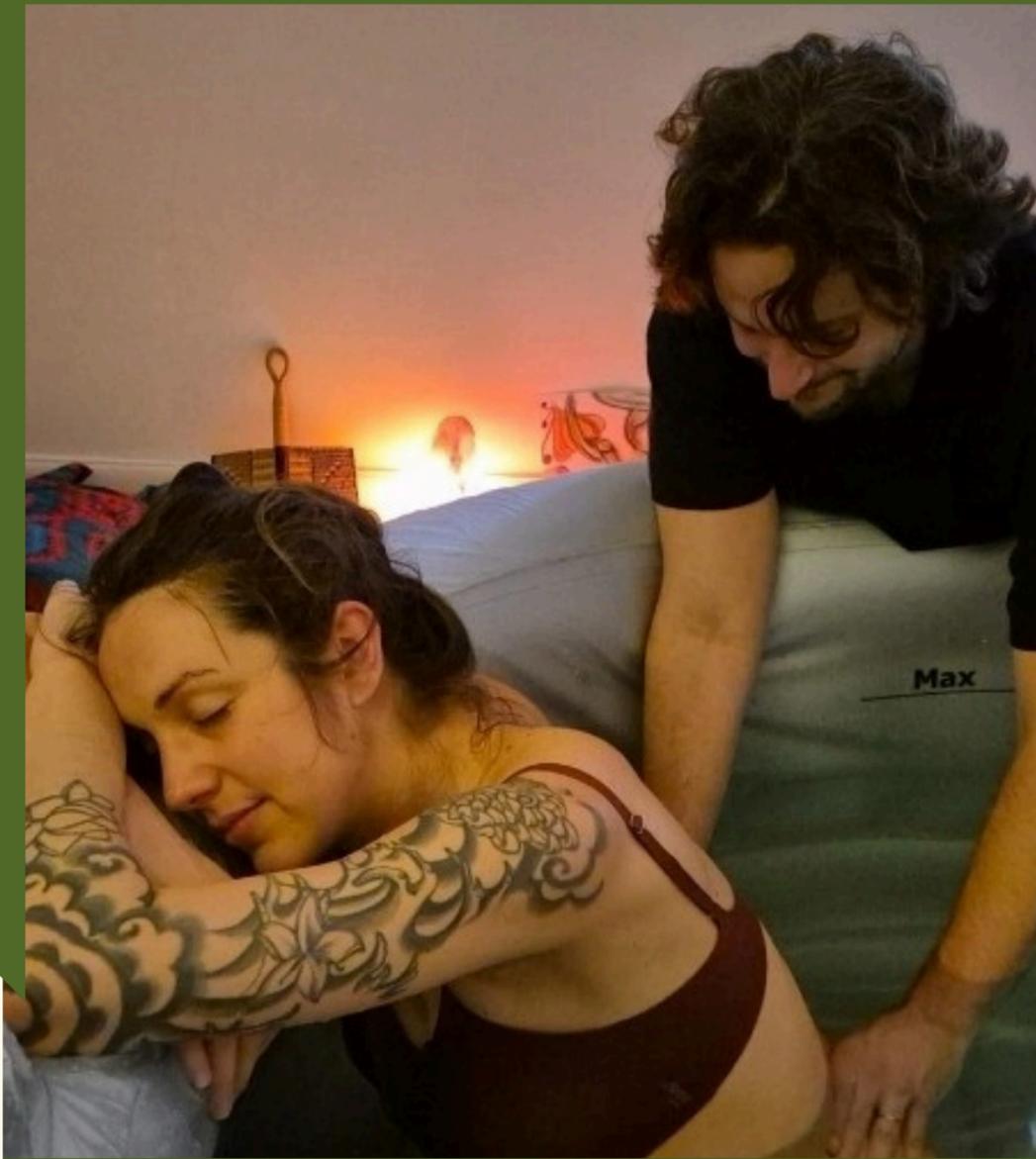
Physical Recovery Support

Gentle professional guidance focused on your body's natural healing process and restoring physical health after childbirth



Mental Health Support

Providing a compassionate, non judgemental space to process emotions and build maternal confidence through kind and supportive care



**When you feel supported
by the same midwife,
throughout, you gain a
quiet confidence to
advocate for your own
birth journey**

Building Your Support Network



Find Your Midwife

Research and select a dedicated midwife who aligns with your personal values



Open Dialogue

Establish a trusting relationship and have honest conversations about your expectations



Document Preferences

Create a birth plan which aligns to your preferences with the knowledge and support of your midwife



Maintain Continuity

Ensure your chosen midwife remains consistent from the 1st trimester through to postpartum recovery

A Foundation for Success



The Goal

Confidence Through Continuity of Care

Providing first time mothers with unwavering support and a familiar face to build lasting confidence and positivity

Ready to Feel Supported Throughout Your Pregnancy Journey?



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Thank You



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Midwifery

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Private Midwife

First Time Mothers Presentation