



MIDWIFE • GUIDE • FACILITATOR

**Integrative Midwifery  
Pregnancy & Postpartum Support Booklet**

**Integrative Midwifery Care  
Support Package Information**

Hello,

I would like to congratulate you (both) on your pregnancy and thank you for inquiring about the services I have to offer. Perhaps you have looked at the information on my website already, if not I suggest having a read and a look, so you get a sense of me and my philosophy of care.

The following information is for those who for whatever reason, be it medical or otherwise are choosing to birth at a local hospital but would like to have a deeper level of support throughout pregnancy and during the postpartum time period. If this is you, please read on. If you would like the option to birth at home, then please read my Integrative Midwifery Information Booklet which is located in the resources section of my website ([www.lindseyjstirling.com](http://www.lindseyjstirling.com)).

At the heart of this offer is to provide you with the best possible care and attention throughout your pregnancy so that you (both) are prepared - body, mind, and spirit to birth and welcome your baby consciously and with love. Some of the tools I work with are guided meditations, somatic awareness and breath-work, body mind integration, nutrition, nourishment and using food as medicine, breastfeeding preparation, bonding and attachment, prenatal and perinatal imprints, birth story, and establishing a clear pathway of communication with your baby.

I work with you (both) to nurture your deeper intuitive wisdom and sense of connection to your body and your baby so that when you enter the hospital to birth, you have the inner resources to navigate any potential challenges that may present themselves.

I welcome any questions you may have and look forward to supporting you on your parenting journey.

A handwritten signature in black ink, appearing to read "Lindsey J Stirling".

Lindsey

### **Integrative Midwifery Foundations Package**

This package provides basic continuity of care during the antenatal and postnatal time period. With a GP referral for services clients are able to access Medicare Rebates for most of sessions we have together except for the deep yin restoration and closing the bones ritual session.

Foundations Package includes the following:

- Five antenatal session including a birth plan session when your baby is 36 weeks
- Four antepartum sessions
- Deep Yin Restoration Session during pregnancy
- Closing the bones ritual and debrief session after your baby's birth

Total Investment = \$2,250.00

Medicare rebate will be approximately between \$600 to \$750 if you are eligible.

### **Integrative Midwifery Foundations Plus Package**

Foundations Plus is for you if you would like to receive all of the above support with the addition of having me by your side during your labour at home until you decide to go to hospital. Particularly for first time mothers, going into hospital too early often leads to a cascade of interventions that can be avoided by remaining home for as long as possible.

Some of the reasons it may be challenging to stay at home include: fear, unsure of progress, need for support, pain relief, partner fear and insecurity, and many other reasons. Having a skilled and experienced midwife with you increases the likelihood that you and your baby will achieve a natural birth without the need for unnecessary medical interventions.

Foundations Plus Package includes the following:

- Five antenatal session including a birth plan session when your baby is 36 weeks
- On-call support throughout your pregnancy, labour, and postpartum up until 4 weeks
- At home labour support until you go to hospital
- Telehealth, video and / or phone access throughout hospital experience (as feasible)
- Four antepartum sessions
- Deep Yin Restoration Session during pregnancy
- Closing the bones ritual and debrief session after your baby's birth

Total Investment = \$4,450.00

Medicare rebate will be approximately between \$600 to \$750 if you are eligible

### **Fee Schedule**

- ✓ Fifty percent of total fee is payable at commencement of care
- ✓ Remaining balance is due at the 36-week birth plan meeting
- ✓ Payment plan options are available with a \$70 administration fee added

### **Medicare Rebates**

If you have reached your Medicare safety net, additional benefits may apply.

Follow this link to access information about the Medicare safety net:

<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=note&q=AN.0.10&qt=noteID&criteria=safety%>

### **Travel**

A non-refundable travel fee of \$450 is payable if you reside a distance beyond 30km and less than 45km. It is payable in two installments:

1. At commencement of care: \$225
2. At your 28-week session: \$225

A non-refundable travel fee beyond 45km is an additional \$750 payable in two instalments

1. At commencement of care: \$375

2 At between 28 -32-week session as agreed upon: \$375

\*Please note in the event where you are traveling to your midwife for some or all or your antepartum appointments, a reasonable and equitable arrangement for travel costs will be reached.

#### **Additional**

**Pool Hire:** I do not provide birth pool hire currently. You may find it more economical to either buy or borrow one from a friend. If you borrow a pool, all you will need to buy is a pool liner, hoses, and tap fittings if required. You can check out what is on offer here: <https://www.pregnancy.com.au/product-category/birth-pools/personal-use-birth-pools/>

**TENS Machine:** I do not provide use of a Tens machine but if you would like to use one you can consider borrowing from a friend or hiring one here: <https://preggicentral.com/pages/tens-hire>

#### **Financial Hardship**

Families that feel a strong affinity with my work and philosophy of care yet are experiencing financial hardship may apply for a reduced rate or an alternative payment plan. Please note this will involve thoughtful discussion and disclosing information about your current financial health. If you find yourself in this situation, please reach out to see what can be arranged. Payment plan options may also apply.

#### **Refund Policy**

I commit to providing continuity of care throughout your pregnancy, labour, and early postpartum period. Due to the huge financial, emotional, physical, and spiritual commitment involved in my work with you and your family I do not provide refunds unless due to extra-ordinary circumstances. These will be considered on a case-by-case basis.

At commencement of care, I offer a two-week grace period after your initial installment whereby you may request a refund minus a \$350 administration fee if you should change your mind.

\*All fees subject to change