

## **Integrative Midwifery Care**

### **Financial Commitment Information**

I would like to congratulate you (both) on the conception of your baby and thank you for enquiring 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. I place a lot of importance on the foundation of the relationship between client and midwife, as it is during these very early stages of contact with each other that we lay the foundation for our professional relationship. We already get a feel for each other, even prior to meeting and it is this deeper intuitive sense that is at the heart of how I work.

Our professional relationship begins with a commitment from both of us. Your financial commitment tells me you are committed to the process and in return I commit wholeheartedly to providing you with the highest quality holistic midwifery care I am capable of. I become available to you twenty-four hours a day, right up to when we say goodbye when your baby is 6-weeks old. The timing of your antenatal sessions is tailored to your unique needs, rather than to a schedule. If we begin our journey a little later, we will see each other more regularly so we can ensure plenty of opportunity to establish our relationship and for the deeper work that is often required for a conscious and empowering labour and birth experience.

Some of the tools I work with are guided meditations, somatic awareness and breathwork, 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 to nurture your deeper intuitive wisdom and sense of connection to your body and your baby. I work with the husband / father-to-be / partner as an integral part of the process and acknowledge the need that many becoming fathers /partners have, to feel counted and valued. You will also be invited to attend any of my Womb Space online classes at no cost, and in person classes at a reduced fee.

As you read the following financial commitment information, you may experience a level of healthy uncertainty or caution, and you want to be sure that I am the right fit for you and your family. Perhaps one of you feels a 'yes', and the other a 'no' or 'not sure'. I encourage you to reach out to me, ask as many questions as you like, including the awkward financial ones. Discussing money can feel like a tabu in our culture, but it is vital to have clarity and feel good about where the money flows, as the energy will follow. Financial arrangements that don't feel aligned, will inevitably give rise to doubt, fear and other unconscious energies that can play out in the relationships that form. So, if there is something about the financial commitment that doesn't feel right or you don't understand, or you are just curious about, I encourage you to bring this to my attention, as perhaps there is something I have not considered, and your perspective may be helpful to me. Or perhaps there is something you are not aware of, and I can offer you some clarity to aid your decision-making process. So, take time to read every bit of information, write down your questions if you have any and contact me via email to set up a time for a complimentary meeting.

At the heart of my 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.

***Here is what I offer you and your family***

**OPTION A**

Care begins as early as 8-weeks of pregnancy and includes the following:

- Antepartum visits in your home  
(For non-Medicare eligible clients an alternative package is provided below)
- Presence of your second midwife at your 36-week birth preparation and care-plan session
- On-call fees for your second midwife from 37-weeks until birth
- Presence of second midwife at your birth
- On call fees for your primary midwife throughout your pregnancy and up to six-weeks postpartum
- Labour, birth, and early postpartum care
- All consumables used at yours and your baby's birth including medications if required
- Postpartum care for you and your baby in your home until 6-weeks
- Breastfeeding support and care
- Body-mind integration work throughout your pregnancy, birth and postpartum for you, your baby, and your family
- A Deep Yin Restoration Session either during pregnancy or during your postpartum. To find out more about the sessions go to my website: <https://www.lindseyjstirling.com/deep-yin>
- Clinical requirements such as blood work, ultrasound referrals, referral to other practitioners
- Pregnancy, birth, and postpartum resource booklets
- Full resuscitation equipment for both mother and baby on hand if required

**Your Financial Commitment**

All antepartum and postpartum sessions you have together with me will be bulk billed through Medicare.

Your total financial investment for yours and your baby's birth is \$6900. Most other midwives will charge between \$5000 and \$6000 for the birth and will then charge between \$120 to \$150 per visit, plus travel fees if applicable. The normal schedule for antenatal visits is approximately 10 visits and for postnatal it can be as many as 8-10 depending on yours and your baby's needs. By bulk billing, you transfer your benefit to me. By not bulk billing you receive your benefit but will pay out of pocket on average between \$90 - \$110 per visit. By having a set fee and clear commitment from the outset, it takes care of the financials so that we can devote our attention to what matters and tailor care specific to your needs.

This birth fee is payable in three instalments:

**1. At commencement of care: \$2,300.00**

**2. At or between twenty-eight-weeks and thirty-two weeks as agreed upon at commencement of care: \$2,300.00**

**3. At your thirty-six-week session: \$2,300.00**

*This is your final payment and secures my services until your baby is six weeks of age.*

## **OPTION B**

Care begins as early as 8-weeks of pregnancy and includes the same as option A.

### **Financial Commitment for Option B**

Your total financial investment for yours and your baby's birth is \$8,480.00. All antepartum, birth and postpartum sessions you have together with me are part of this package of care. Medicare rebates may apply for you, however there is no bulk-billing option. Please see below for more info on Medicare rebates. This will likely be the more expensive option due to not bulk billing. However, Medicare rebates will return to you approximately \$1300 dollars, reducing your outlay to approximately \$7,180 in total. Your total investment will be approximately \$200 -\$300 more than option A.

This is payable in three instalments:

**1. At commencement of care: \$2,827.00**

**2. At or between twenty-eight-weeks and thirty-two weeks as agreed upon at commencement of care: \$2,827.00**

**3. At your thirty-six-week session: \$2,827.00**

*This is your final payment and secures my services until your baby is six weeks of age.*

### **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%20net>

## **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 instalments:**

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

### **Additional**

**Pool Hire:** I do not provide birth pool hire. 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, birth, and early postpartum period. In the unlikely event a transfer to hospital is required, I will continue support you in whatever capacity is possible given the circumstances at the time and continue to provide care and support until your baby is 6-weeks of age. 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 instalment whereby you may request a refund minus a \$350 administration fee if you should change your mind.

\*All fees subject to change.

### **Extra Information**

I am committed to enabling education opportunities for young people, girls and women in under-privileged circumstances and donate 1.5% of my birth fee earnings to BASIS: Foundations for Life, a not-for profit organisation committed to bridging the gap in education for India's under-privileged youth and connecting girls and women in challenging circumstances to their own potential and new possibilities. For more information, please go to: [www.basislearning.com](http://www.basislearning.com)

Thank you very much for your enquiry. Please do not hesitate to reach out with any questions you may have.

I look forward to talking with you. Please email me at [connect@lindseyjstirling.com](mailto:connect@lindseyjstirling.com) to organise a time to chat.

Kind wishes,  
Lindsey