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Welcome to Mandala Midwifery!

Congratulations on choosing midwifery care! We are excited to join you on this journey. We hold a strong belief that pregnancy and birth are a normal, naturally occurring right of passage and it is our intention to provide you with comprehensive, personalized care throughout the childbearing cycle.

That being said, there is much to do and read! Please prioritize and allow ample time to take care of all matters regarding your midwifery care throughout the rest of the childbearing cycle.

To Start:

1. If you have received any prenatal care during this pregnancy, please contact your previous care provider(s) and obtain a copy of your **medical records**, including labs results and ultrasound reports. If you have had a cesarean section in the past, please obtain records for cause and type of incision. If you have had any complications in past pregnancies or births and seek clarification, obtain those records as well. Most offices have a standard form for release of records.
2. Please keep a **food and exercise diary** for as many days as you can up to four days. We are interested in what time you ate, what you ate, and how much. Please include all liquids for the day. Please tell us everything and don't worry about what you think is bad or good. It's not about right or wrong. We're looking for a general pattern and are here to assist in finding ways to increase nourishment.

For example: 9 am: 2 slices of sprouted whole wheat bread with .5 T yellow butter and 1 T fruit sweetened jam.
1.5 cups of OJ fortified with calcium.

3. Enclosed you will find an **Initial Intake**. Please fill this out prior to our visit. Allow an hour to complete the form.
4. Please, both you and your partner (if applicable), carefully read through these enclosed forms before our visit:

Informed Decision Regarding Midwifery Care	Financial Agreement
Licensed Midwife Disclosure	Arbitration Agreement
Mandala Midwifery & Client Bill of Rights	

5. If you have a PPO health insurance, you are able to obtain reimbursement for services from providers who are "out of network" and in some cases "in network." We use Larsen Billing Service (LBS) to manage the insurance billing. We will discuss this at the initial visit to see if this is appropriate for you. LBS submits the appropriate forms to your insurer and follows up with any questions. After our discussion at the initial visit, if you wish to utilize this service, visit www.LarsenBilling.com. Under the "Parents" tab, select the "Registration" link, and fill out the Client Registration Form (CRF) to authorize their participation. PIN: 11049

If you encounter any difficulties, need clarification, or have questions, please feel free to ask. We will discuss everything at the first visit or two.

Looking forward to working with you,
Mandala Midwifery

See the reverse side for Appointment Schedule and Important Details

Appointment Schedule and Important Details

1. Scheduling Details:

All appointments happen in your home. We are very proud to offer this type of midwifery care, though given the urban setting, this is a very drive intensive lifestyle for us midwives. In order to minimize the time we spend driving, and maximize our time with clients and our own families, we have clear boundaries for when we see clients.

Please be aware of the following and allow for flexibility in your own schedule. It will require you to prioritize the timing of our visits over other obligations, such as work. Please allow a 15 minute buffer for when your appointment starts, as it is hard to predict driving conditions. We ask that you let us know times you cannot meet, so we schedule you during a time that works for everyone.

All visits are scheduled for 1-2 hours. Partners and children are welcome to attend all prenatal visits, however we cannot cater our schedules to fit theirs. Sorry, we wish we could! We ask that the partner (if applicable) attend the interview, initial visit and at least one prenatal visit toward the end of pregnancy. We ask that anyone who will be at the birth attend a prenatal appointment toward the end of pregnancy. Because partners are required to be present for particular visits, these appointments are given priority with regards to timing over other visits.

We schedule families in the same neighborhood together, and those seen farthest away are seen earlier in the day. Sometimes we are able to schedule these several weeks in advance, sometimes we need to make last minute changes due to birth, etc. We sincerely apologize for any inconvenience and thank you for your patience and flexibility, in advance, as this is part of working with our lifestyle as on-call independent care providers.

Typically, appointments in the near East Bay are on Mondays and Fridays. Appointments in the outer East Bay, such as Walnut Creek and Fremont, and San Francisco are rotated on Tuesdays and Thursdays. Appointments are scheduled during normal business hours.

2. Additional Services for Planned Homebirth:

Mandala Midwifery offers additional services which are completely optional, though commonly desired. Tub rentals, Childbirth Education Classes, and Placenta Processing. If you would like to reserve a space and add these payments to your payment plan, fill out the "Additional Optional Services" handout.

3a. Prenatal and Postpartum Visits Schedule for Planned Homebirth (Standard):

We follow a schedule for prenatal and postpartum visits, however there may certainly be variation from this schedule if circumstances arise.

(Standard) Prenatal Appointments are:

- 5-34 weeks gestation: every 3 weeks for first time mothers
every 3-4 weeks for mothers with a previous full term pregnancy
- 34-36 weeks gestation: every 2-3 weeks
- 37 weeks gestation to birth: every 1 week or more

(Standard) Postpartum Appointments are:

- | | |
|-------------------------|--|
| 24-36 hours after birth | |
| Day 3 | Third Week (approximately 7 days later) |
| Day 5-6 | Fourth-Fifth Week (approximately 7-10 days later) |
| Day 9-11 | Sixth-Seventh Week (approximately 7-14 days later) |

3b. Prenatal and Postpartum Visits Schedule for Planned Hospital Birth (Standard):

We follow a schedule for prenatal and postpartum visits, however there may certainly be variation from this schedule if circumstances arise.

(Standard) Prenatal Appointments are:

5-36 weeks gestation: every 4-6 weeks

37 weeks gestation to birth: every 1-2 weeks

(Standard) Postpartum Appointments are:

Day 1-3

Second Week (approximately 7 days later)

Day 5-6

Fourth (approximately 2 weeks later)

4. Bay Area Homebirth Collective - East Bay Chapter:

Mandala Midwifery is a member of this midwifery collective - which means there are additional perks for you! Check out the website for updated information on the assortment of activities. www.BayAreaHomebirth.org

The Bay Area Homebirth Collective is a group of individual midwifery practices dedicated to promoting the ancient and modern art and science of midwifery and home birth care. Our group is committed to using the collective power of our diverse practice styles and geographic locations to provide families with classes, support groups, social gatherings and informative talks and panels throughout the year.

5. Group Walks and Other Collective Activities:

On the 1st Monday of each month from 10:30-12:30, the Bay Area Homebirth Collective - East Bay chapter hosts a monthly group walk for the families they serve. Pregnant and postpartum mothers of Mandala Midwifery, and their partners and kids are welcome to join! Check out the website for locations and details.

Also check out the other regular gatherings: EB & SF Birth Stories Potluck, EB & SF New Parents Support Group, SF Labrynth Walk, Collective Annual Picnic, etc.

6. Bay Area Homebirth Collective Yahoo Group:

For those who are interested the Bay Area Homebirth Collective has a very active yahoo group where many (any) topic is discussed ranging from preconception to birth to early parenting to toddlers and beyond. To join the Bay Area Home Birth Collective Families online group send an e-mail to bahcfamilies-subscribe@yahoogroups.com. Let the moderator know you are working with Mandala Midwifery.

7. Mandala Midwifery Google Groups:

Upon contracting with Mandala Midwifery, you will be added to two Google Groups: Mandala Midwifery Announcements and Mandala Midwifery Families. Details about each group is in the body of each welcome email.

Mandala Midwifery Announcements is a group for you to receive announcements pertinent to your care. At the end of your care you will be removed or you may remove yourself, but please do not leave the group before that time. Cross chatting between clients is restricted.

Mandala Midwifery Families is a group where families of Mandala Midwifery can chat amongst themselves. You may stay in the group as long as you like, or remove yourself at any time. If you would like to receive the announcement for the annual families picnic, this is where it will be sent.

8. Client Code:

All clients will be assigned a client code made up of your Initials and Date of Birth, i.e. ABC012345. Please make sure to use your legal names when filling out paperwork.

9. Questionnaires:

Many women find issues surface during pregnancy, birth and the postpartum period concerning family influences, past experiences, and present circumstances. These influences can affect decision making and open communication. A warm and trusting midwife/client relationship are essential to true informed decisions, therefore we have several questionnaires we believe help aid the relationship and we encourage you to give consideration to answering these questionnaires as we move through the rest of your pregnancy.

10. Doulas and Guests at Births:

You are HIGHLY recommended to have a doula at your birth if this will be your first vaginal birth. Doulas are an essential piece to smooth birthing, as we no longer live in tribal communities where birth is a normal part of everyday life. Friends and family are lovely, however often lack the understanding of what is normal, and may not be able to tell you with certainty that everything is fine, hold your hand in the tender way that is needed, or may get wrapped up in their own emotional experience. Given midwives are the “keepers of safety,” their energy may not be able to serve some of your needs as well, which is why it is recommended to have a doula.

If you intend to invite a friend or family member to a birth, we ask that you have them read a letter we have prepared, and have them fill out the questionnaire attached to the letter.