

Care Providers During Pregnancy, Birth and Post-Partum

1. Family Physicians

Family physicians can provide care before, during and/or after childbirth. Some can be involved in all stages of maternity and infant care. In Canada, most family physicians follow a shared care model. This means that they provide prenatal care up to a certain number of weeks (24-32 weeks). A transfer of care to another provider occurs. This could be to an obstetrician, midwife, or another family physician.

2. Family Medicine Obstetrics (FMOB)

FMOBs are family physicians who provide obstetrical care. FMOBs may provide prenatal care, delivery of babies, management of postpartum complications, care for the newborn, and much more. Because they are family doctors, they can take care of other medical problems in the context of the pregnancy.

3. Obstetricians/Gynecologists (OB/GYN)

OB/GYN are physicians who specialize in women's reproductive health. They can provide care during pregnancy, labor, and post-partum. Their specialty encompasses medical, surgical, obstetrical, and gynecologic knowledge and skills. A referral is needed from a doctor (e.g., family physician) to get an appointment with the OB/GYN.

4. Midwives

Midwives can provide care at all stages of pregnancy, labor and up to 6 weeks post-partum. They combine knowledge of obstetrics and traditional midwifery care. Most midwives are now regulated in many provinces and can deliver babies in homes, hospitals, or free-standing birth centers. In certain situations, such as high-risk deliveries, midwives may need to transfer the care to another provider. In most provinces like Ontario, the services provided by midwives are publicly funded, while in other provinces, families must pay out of pocket. There is no referral required from a doctor to see a midwife. The midwifery group can be contacted directly to access their services.

For more information, please visit the following resources:

Association of Ontario Midwives

<https://www.ontariomidwives.ca/>

This website has information about "What is a midwife?", midwifery care, how to find a midwife, etc.

London-Middlesex and Area:

Thames Valley Midwives

<https://tvm.on.ca/>

Phone: 519-433-5855

Email: info@tvm.on.ca

Office locations in London, Aylmer and Woodstock

Wind Rose Midwifery

<https://windrosemidwifery.ca/>

Phone: 519-601-9220

Office location in Komoka

Midwives of Middlesex & Area

www.momamidwives.ca

Phone: 226-721-0777

Email: admin@momamidwives.ca

Provides services to Middlesex County

Office location in London

Forest City Midwifery C.A.R.E.

<https://forestcitymidwiferycare.ca/>

Phone: 519-645-0316

Email: admin@forestcitymidwiferycare.ca

Office location in London

Elgin County:**Elgin County Midwives:**

www.elgincountymidwives.com

Phone: 519-637-2224

Email: admin@elgincountymidwives.com

Office located in St. Thomas

Lambton County:**Midwifery Services of Lambton Kent**

<https://sarniamidwives.com>

Phone: 519-337-2229

Email: info@sarniamidwives.com

Office located in Sarnia

5. Anesthesiologists

Anesthesiologists are specialists who provide pain relief during labor and delivery, anesthesia for caesarian sections, neonatal resuscitation, and other contributions throughout the birthing process. In some circumstances, consultation appointments can be set up with the anesthesiologist to discuss anesthesia and epidural.

6. Nurses

Nurses are involved at all stages of maternity care. These can include prenatal education, pre-birth home care services, labor and delivery support, post-partum follow-up care, and lactation support.

Other Professionals Involved in Supportive Maternity Care

1. Prenatal Educators

Prenatal educators can provide information regarding various aspects of pregnancy, birth, and early parenting. Educators can come from diverse backgrounds including nurses. Prenatal education can be provided by the hospital and in the community.

2. Doulas

Doula can provide emotional support to expectant mothers and families during pregnancy, birth and postpartum periods. Doulas are not regulated in Canada but some organizations offer certifications.

3. Lactation Consultants

A lactation consultant is a certified health professional who provides clinical management of breastfeeding.

Additional information can be found at: [Resources - Old South Maternity Care](#)

- This includes a variety of resources that can be used throughout pregnancy.