



## Welcome to Plum Midwifery!

### Your midwives:

**Joanne Daviau**

**Jessie Shannon**

**Emma Gledhill**

**Amy Kelly**

### **How we work**

We are four midwives who work as a team of three each month with one midwife off call for the entire month. Clients have the opportunity to meet with each of the three midwives that are working during her due date month throughout her pregnancy.

### **Clinic Visits**

We schedule 2 clinic days per week. We will see you once a month until you're 28 weeks pregnant, then every 2-3 weeks and every 2 weeks after 36 weeks gestation. If you are planning a home birth you will have a home visit at approximately 38 weeks. We will be with you for the duration of active labour and usually a few hours after the baby is born. If you live locally we will see you every other day at home for the first week and then in clinic at 2-3 weeks, 4-5 weeks and 6-7 weeks at which point you should book an appointment with your family doctor. You can expect to spend 30 minutes at a midwifery visit.

### **Clinic Etiquette**

As we would like to ensure everyone, including yourself, gets ample time to connect with their midwives, it is imperative that we have as much of the allotted time as possible to conduct our visits. Therefore, we ask that everyone be on time or even a couple of minutes early for their visits. If you are going to be more than 15 minutes late for an appointment you will be rescheduled.

### **Contact us**

One of the midwives will be available to you 24 hours a day seven days a week for urgent health concerns. For urgent calls please page us. The midwife on call will be answering all of the pages and attending births, and conducting home visits. This may mean that non emergent pages will be answered after your midwife has finished a birth or a visit. For non urgent concerns it is best to leave a voice message on the office machine and your concern will be dealt with within a day or so. You can also email your questions, however these may be answered on clinic days only.

**We look forward to getting to know you!**