



Beach Cities Midwifery & Women's Health Care

Thank you for joining Beach Cities Midwifery and Women's Health Care for your prenatal care and birth at the Beachside Birth Center. We are committed to partnering together with you to achieve your desired birth experience should you decide to sign up for care with us. Our goal is to assist you maintain optimum health during your pregnancy, design a birth plan that incorporates your concerns and desires, and provide you with support throughout your labor and birth experience. We provide a midwifery model of care with Certified Nurse-Midwives (CNM) and Certified Professional Midwives (CPM)* that focus on the normalcy of pregnancy, labor and birth. We have supportive physician collaboration should your pregnancy or labor become complicated and require medical management.

Your prenatal visits are designed to develop a trusting relationship with the midwives, have your questions and concerns addressed, and to assess the health and well-being of both you and your growing baby. The initial visits are monthly and become more frequent as your pregnancy progresses. As long as your pregnancy is low risk, you will be a candidate for birth in the birth center.

We will provide you with clear instructions about when to call us when you are in labor. Once admitted to the birth center the midwife will remain with you for your labor, birth, and initial postpartum period. Your baby will remain with you at all times. The support staff that will assist with your labor and birth are committed to excellent, personalized care. Our providers are a group of certified nurse-midwives and certified professional midwives that specialize in providing high quality care and support. All of the staff are well-trained in normal labor and birth as well as complications that can arise. Emergency equipment is available to assist in your or your baby's care. You will remain in the birth center for approximately 4 hours following your birth and as long as you and your baby are doing well you will be discharged home. Information related to your labor, birth and the baby's transition will be forwarded to your pediatric provider for follow-up. It is important that you select a pediatrician to care for your baby and notify us of your selection. We are available to you for any additional questions or concerns that arise and have a website full of valuable information and resources, www.beachcitiesmidwifery.com. Childbirth is best accomplished as a team effort. We are honored to be on your "Birth Team" and look forward to working together during this special time in your life!

Sincerely,

BJ Snell, PhD, CNM, FACNM
Birgitte Damgaard, LM, CPM

Vickie Alston, CNM
Mary Kern, MSN, NP, CNM

Christina Gabel, MSN, NP, CNM

*Please refer to our website, www.beachcitiesmidwifery.com for more details on Certified Nurse-Midwives and Licensed Midwives. While regulation in California is through different agencies, education and care in pregnancy and birth are comparable. Revised 10/15/18.