



Independent Midwifery Support

Antenatal Care Package

One-to-one midwifery care from the start of your pregnancy until birth. This package includes approximately 12 appointments in the comfort of your own home. My approach is holistic and adapted to the needs of yourself and your family.

2 hour Booking Appointment - Complete consultation exploring your hopes and plans for your pregnancy journey, taking a full medical history and developing an individualised care plan, as well as discussing health advice for pregnancy and beyond.

Comprehensive Antenatal Care - Subsequent appointments last approximately 1-2 hours. Expect monthly appointments until 24 weeks, then fortnightly until 38 weeks and then weekly.

Additional appointments with myself or through the NHS can be added as desired or needed.

Included within the package:

- Physical health monitoring
- Relaxation techniques to promote emotional wellbeing
- Help with common pregnancy ailments
- Facilitating informed choices within maternity care
- HypnoBirthing workshop: comfort techniques, breath work, massage
- Active Birth session
- Preparing your Birth Preferences
- Access to an extensive book library
- Inclusion of partners and other family members
- Referral to other professionals as needed
- Preparation for the postnatal period

You are still entitled to NHS care alongside independent midwifery support including scans, screening tests, blood tests and prescriptions from your GP. I can help to arrange this as needed.

£2000

Mary Flynn (RM)
Independent Midwifery Services

www.yogimidwife.com