

# What Does Good Maternity Care Look Like?

## The Midwives Model of Care

The Midwives Model of Care is based on the fact that pregnancy and birth are normal life processes.

The Midwives Model of Care includes:

- Monitoring the physical, psychological, and social well-being of the mother throughout the childbearing cycle
- Providing the mother with individualized education, counseling, and prenatal care, continuous hands-on assistance during labor and delivery, and postpartum support
- Minimizing technological interventions
- Identifying and referring women who require obstetrical attention

The application of this woman-centered model of care has been proven to reduce the incidence of birth injury, trauma, and cesarean section.

Copyright (c) 1996-2007, Midwifery Task Force, Inc., All Rights Reserved.

<http://cfmidwifery.org/mmoc/>

### Citizens for Midwifery

Midwives Alliance of North America

North American Registry of Midwives

Midwifery Education Accreditation Committee

National Association of Certified Professional Midwives

## The Ten Steps of Mother-Friendly Care\*

A mother-friendly hospital, birth center, or home birth service:

1. Offers all birthing mothers unrestricted access to birth companions, labor support, professional midwifery care.
2. Provides accurate descriptive, statistical information about birth care practices.
3. Provides culturally competent care.
4. Provides the birthing woman with freedom of movement to walk, move, and assume positions of her choice.
5. Has clearly defined policies, procedures for collaboration, consultation, links to community resources.
6. Does not routinely employ practices, procedures unsupported by scientific evidence.
7. Educates staff in non-drug methods of pain relief and does not promote use of analgesic, anesthetic drugs.
8. Encourages all mothers, families, to touch, hold, breastfeed, care for their babies.
9. Discourages nonreligious circumcision of the newborn.
10. Strives to achieve the WHO/UNICEF *Ten Steps of the Baby-Friendly Hospital Initiative* to promote successful breastfeeding.

©1996 by The Coalition for Improving Maternity Services(CIMS)  
<http://www.motherfriendly.org/>

\* as listed in The Evidence Basis for the Ten Steps of Mother Friendly Care (Journal of Perinatal Education, Vol. 16, Supplement 1, Winter 2007)

### Coalition for Improving Maternity Services

(Supported by hundreds of individuals and organizations, including Lamaze International, Midwives Alliance of North America, Citizens for Midwifery, and many others.)

## Six Care Practices that Support Normal Birth\*

These evidence-based practices, adapted from the World Health Organization, promote, support and protect normal birth:

- Labor begins on its own
- Freedom of movement throughout labor
- Continuous labor support
- No routine interventions
- Spontaneous pushing in upright or gravity-neutral positions
- No separation of mother and baby after birth, with unlimited opportunities for breastfeeding

Copyright© 2007 Lamaze International  
\* (revised in 2007)

<http://www.lamaze.org/Default.aspx?tabid=171>

### Lamaze Institute for Normal Birth



Supporting evidence-based care, and promoting healthy mothers and babies!