

# The Holistic Midwifery - Care Package



Following the Midwifery Model of care, I hold the intention that my practice is heart centered. My vision is to provide the type of care that inspires families to transform and grow during our time together. These individual appointments are curated for you to relax, share your questions and concerns, connect to your process, and receive my loving care. I hold great respect for your body sovereignty and the clinical aspect of Midwifery is approached with your Informed Choice. I am a trained Clinical Herbalist and a trained Functional Medicine practitioner (not licensed to practice Medicine) and I bring that knowledge into your care.

An overview of whats included:

- Three herbal products for your prenatal or postpartum care from my product line.
- Prenatal appointments following ACOG recommended schedule, and/or the Midwifery standard of care.
- All your labs will be charged to your insurance. If you are uninsured, I will cover the basic obstetrical labs. If your pregnancy and/or postpartum process require extra labs, you will get my practitioner discount plus a 15% processing fee.
- Ultrasounds and physician referrals as needed (their fees are not included in your contract)
- Nutritional assessment as needed
- Herbal consultation as needed.
- 20% discount on all my products.
- Community Circles for pregnancy and postpartum included (Corazón Adentro Circles and Radical Self Care Day)
- For any **CONCERNS** you will have my personal phone number. For **QUESTIONS**, you will be able to submit them through your Portal, you will receive an answer within 48 hrs.

- 50% for Homebirth Childbirth Education.
- Student Midwives will be a part of your care team.
- 36 weeks at home visit in preparation for your birth.
- You will have access to a birthing pool. (you will purchase the supplies to operated it)
- I am on call for your birth from 37 weeks gestation until you have your baby.
- An assistant will come with me to your birth at active labor. The Student Midwife might come too. I mostly work with the collaboration of a Midwife who shares office space with me, and more than likely you will get to know her. ccasionally I might need the assistance of another Midwife if she is unavailable.
- There are 4, 1-hour postpartum visits; three at your house and a final visit at the office after six weeks.
- Newborn care till 6 weeks postpartum.
- I will file your baby's birth certificate. (your order the copies, instructions will be provided.
- 20% discount on all my herbal products.
- Access to my Fullscript dispensary and 25% discount for all their products.

If you would like a consult in person please find a time that is convenient to you [here](#)

If you would like a consult through Zoom please find a time that is convenient to you [here](#)



# Midwifery Inner Journey Package



Our appointments are curated for you to relax, connect and process your journey, explore your emotions, invite shifts and new habits, share your questions and concerns, and receive my loving care. Vitalist herbalism and functional nutrition are part of your appointments. We also include somatic practices into your care, like rebozo body work, sobadas (abdominal message), and breath work.

- You will receive **all the benefits of the Holistic Midwifery Package PLUS:**
  - 7-10 of your prenatal appointments will be 1 ½ hrs to allow time for Somatic breathwork, and/or Rebozo body work.
  - Postpartum class: “Community Sustained Postpartum Care” included for you and your partner and available upon request. Your family and community members join at a sliding scale rate of \$55-\$99/person.
  - Extended postpartum appointments as we will incorporate traditional practices like baños, bajos, sobadas, and/or rebozo body work. (spiritual baths, steams, abdominal massage, and/or rebozo body work)
  - You will receive a closing ritual at the end of or time together.

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# A Heart Centered Midwifery Practice

I have chosen the path of traditional Parteras (Midwifery) from a place of profound devotion to my purpose and the ancestral practices I carry through the legacy of Midwifery from my maternal lineage. My grandmother was a community Partera and a nurse in our Andean homeland in the 1940's and 50's. These practices have been sustaining humanity for millennia and I walk with purpose and meaning doing the work of a traditional healer or Partera. One of my biggest passions and focus for these ancestral practices is holding the vision of a world where families are once again held in reverence through the process of pregnancy, childbirth/adoption and postpartum life and their parenting work is honored as the most VALUABLE contribution to our society.

I relate to Midwifery in a traditional way, to me that means the following:

- I believe that Midwives/Parteras are healers in their communities, licensed or not licensed. I choose the route of Licensing, knowing well that a license does not make me a Midwife, rather it provides me with a smoother way of practicing my art in the Austin Community.
- Since Parteras have been the main healers since the beginning of times, I believe in a well rounded education that includes holistic practices that support the complexity of the human body and are the perfect balance between art and science - extensive knowledge of medicinal plants - major training in the mechanics and manipulation of the human body, AKA body work -cultural appropriate practices for the place where the Midwife works - community service - and the ceremonial and ritualistic practices of ancestral Midwifery.
- I also believe that Midwives are the healers of womb carrier people regardless of what phase of life they are.
- I believe the way that a culture holds their Midwives reflects how the culture values maternity health care and birth.
- I believe midwives are spiritual guides who help usher new life into the world, maintaining a sacred connection between the physical and spiritual realms -guardians of the portal of life.

In order for me to embody my beliefs and walk in coherence, I have studied in several programs and participated in mentorships for many years. I am a Clinical Vitalist Herbalist or Yerbera specialized in women's health. I have practiced therapeutic Somatic Breathwork for my own healing for over 20 years and have been facilitating for others for more than a decade.

I have received mentorship from my Comadres/teachers of the Red Path (indigenous path of the heart) to carry medicine knowledge in the Mexica Tradition.

All these healing modalities are not separate from being a Midwife, as they are part of ancient traditional practices. They have integrated themselves in my being and have solidified my trust in the body's innate capacity to move us through sacred thresholds in harmony and with as much ease as possible.

I am also a lover of science. I have completed the Women's Functional and Integrative Medicine Professional Training with Dr. Aviva Romm. This knowledge nourishes the wisdom of my Midwifery practice merging ancient technologies with today's science in a way that is relevant and culturally aligned with the families I support.



# How I feel about Mothering Pregnancy through Postpartum

I am completely blown away when I reflect on the miracle of what my clients are doing - creating human life and birthing in love!

pregnancy is a time for deep changes that need a lot of nourishment - physically, emotionally, and spiritually.

women / womb carriers are amazing and strong without measures - life givers - sovereign beings guided by highly intuitive hearts

the process of birthing, with all its power and transformative nature, also has a mundane quality that can offer lightness to the experience.

amazing births can happen in many settings and attended by different types of educated/trained birth workers,

however this world needs a paradigm shift where home births are the norm and other setting are there to offer beautiful birth options when complications arise.

Just like healing is done in community, pregnancy, birthing, and postpartum are much easier in community.

Each member of the community can offer their wisdom and help you on your journey. Also, having a one-on-one support from a trained practitioner can help you tight it all together and bring you comfort.

*Mothering is the most sacred job there is*



# Frequently Asked Questions

## 1. WHAT TO EXPECT

During our time together, I am open to sharing tools and knowledge as an invitation for you to make **your own informed decisions** from a place of understanding and your intuition. I participate in your decision making by providing information and resources in each stage of your pregnancy, birth, and postpartum and based on standard low risk care and your individual situation. This means that you understand to the best of your abilities the benefits and risks of each remedy, test, lab, and plan of action, that may be recommended by the State of Texas, by a referring practitioner or myself. I strongly encourage clients to take an active role in learning about and understanding their healthcare options. I do not consider myself to be a gatekeeper of knowledge, but instead share knowledge so that families can make decisions from a place of intuition and confidence.

When we are together, we will track the hallmarks of normal pregnancy progression and I will recommend a variety of holistic options to balance or reduce any discomforts that may arise along the way. I place a lot of emphasis on nutrition, herbs, support of the nervous system, and the emotional aspect of this phase of life. I focus my practice on personal relations and strive to promote a sense of trust in your care. We can address concerns or topics you would like to explore, in addition to the clinical aspects of your care. I deeply consider our time together as a sacred time between Midwife and Mother. It is important for me to devote our time to helping you prepare for a joyful and transformational pregnancy and birth experience. Every part of what I do is intentional and provides you with opportunities for deep exploration, and meaning on your journey.

I am currently holding a solo practice. I am grateful to the community that supports my practice and the access to Senior Midwives as need them for consultations.



## **2. What does your postpartum care look like?**

An important part of my practice is my uncompromising commitment to nurturing parents in their postpartum by honoring the ways of traditional midwifery. I believe that for a mother's optimal well-being, she needs to be cared for at home in the first 40 days after giving birth. This means I come to you for your postpartum follow-ups until you are able to come to me at your 40 days final postpartum visit. You also have the opportunity to ADD body work and closing rituals to your appointments.

## **3. What happens if there is need for transfer or in an emergency?**

Homebirths allow for more body autonomy and control over the environment. Any interventions done in the home setting are done respectfully, only when necessary, and only after receiving your fully informed choice. As a Midwife I specialize in normal pregnancy and birth. Most obstetrical complications are not emergencies and are often predictable beforehand; I am trained to handle many of these situations at home. There are times to call in a professional in another specialty. This can look like consultations with physicians or naturopathic doctors about a specific concern, or it may occasionally entail co-care with another provider because an out-of-hospital birth may not be the safest choice for you and baby.

It is helpful to know that generally transfer rates are low when clients are having low-risk pregnancies. My training allows me to identify risk factors and transfer to the hospital before complications become true emergencies. It is rare that we will transfer in with a true emergency.

I attend births with another Midwife and a student, and we are equipped with medications such as pitocin, IV fluids, oxygen, lidocaine, and resuscitation equipment that allows us to manage some complications at home.

As a midwife in the state of Texas we are also train and re-certify in Neonatal Resuscitation and CPR every 2 years.

Additionally, we participate in skills practice at regular intervals to keep our emergency skills fresh in the rare occasions we are required to perform them. your prenatal care we discuss scenarios for when a transfer to the hospital might be needed and what happens during a transfer. I have have been building relationships with our local hospitals and this allows us to facilitate a smooth transition from home to hospital when needed.

#### **4. Do you offer VBAC?**

(vaginal birth after cesarean)

Yes, I do. We know that vaginal birth after a cesarean, in most cases, is a safer option than a repeat cesarean section.

We will discuss any risk factors in your current pregnancy, and risks vs benefits of a vaginal birth after cesarean for you. A comprehensive source of evidence-based information regarding VBAC can be found at: About [VBAC](#).

#### **5. Do you offer water birth?**

Yes, I do. Water birth is a safe and gentle way to welcome your baby into the world. Babies do not breathe underwater when they are born, instead they receive oxygen via their umbilical cord. Many mothers experience great relief when they enter a warm tub. A birthing pool is available if you choose it and you will have the option to labor and give birth in it. I have specialized waterbirth training from the foremost authority and pioneer of water birth research and education, Barbara Harper. For more information about water birth click [here](#). You will need to order a kit for the use of my pool.



## **6. Do you take insurance?**

I am out-of-network with insurance plans. Please check with your insurance if there will be a chance to send them a claim. Verify your insurance benefits by calling your member services or looking at your online account.

If you have a sense that your insurance should cover some of your care and your deductible is under \$6000 it's likely worth it to seek out a Verification of Benefits, or VOB. I DO NOT make a insurance claim fro you. However I can provide a super bill at the end of your pregnancy and you can make your own claim or hire a professional insurance biller.

## **7. What are your fees and payment plans?**

I offer sliding scale fees for ALL my services. Also my families receive the benefit of payment plans that can be extended all the way to 6 weeks postpartum. There are two different care packages to choose from and services to add if desired. Fees range from \$5,600 - \$8,500 for your holistic care.

## **8. Is there a way I can contribute to the prenatal care of a POC ?:**

I offer sliding scale with the hope that people who are able to contribute a little more support the sustainability of my work when working with the underserved community. Also, although I am not a Non-Profit organization, you can still donate some money for that purpose. I ask that you please add a note to your payment staying that. I will make sure that it goes to a person in need. [Venmo](#)

## **9. How can I schedule a consultation with you?**

If you are ready to meet with me over Zoom to talk about how I can support you in having a joyful and transformative pregnancy and birth experience, you can schedule our meeting via my [Calendly](#).

## **10. How can I schedule an Initial Appointment with you?**

After reading this in detail most people already know if they want to come on board. You can schedule an 30 min on-boarding appointment in this [link](#).

*I am Honored to Serve my Community*

*Virginia Wittebort, LM*

