

Clare & Nic Midwives

We are absolutely privileged to share the birthing journey's of women and their families and love what we do. We provide midwifery care throughout the pregnancy, labour, birth and until the baby is 6 weeks old.

We are Medicare eligible midwives and offer Medicare rebates for pregnancy & post birth care.

At Clare & Nic midwives, we believe that this process is a normal part of family life, a powerful social and emotional life passage/event. In keeping with this belief, we do not routinely interfere with the normal process.

Our role is to support women (this includes their partners & family) during this time working in

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partnership with them. A partnership evolved over time, which involves mutual trust and respect, knowledge and skill sharing. We share our midwifery knowledge and skills, and women share their knowledge of their bodies, birthing and family histories with us.

We trust that women's bodies know what to do and women in turn, trust our professional judgment. In this way, we work together to achieve safe and satisfying outcomes for both mother and baby.

That is, a healthy mother who has had a positive birth experience, who thus, feels empowered and well prepared for motherhood and a healthy baby who is surrounded by family love from the beginning.

As part of our practice as midwives, we endeavour to update our knowledge and skills by attending regular midwifery education workshops, attending conferences and using current evidence within my practice. We currently use the ACM guidelines for consultation and referral during pregnancy and we are also familiar with the NICE guidelines and the Victorian Three Centres Consensus guidelines for antenatal care.

We specialise in supporting the physiological birth process with minimal intervention to obtain a safe and optimal birth experience. We highly recommend and support water immersion and water birth.

We practice holistically, utilising homeopathy, naturopathy, osteopathy, aromatherapy, chiropractic care, acupuncture and acupressure techniques.