



Holistic Midwifery Support Package Additional Information...

You may find you want more support than you can get from conventional NHS care, from the moment you find out you are pregnant we can work together and build a trusting relationship, so you feel supported, cared for, and listened to in the comfort of your own home. This care package runs alongside your NHS care and will not include scans and blood tests – however, these can be arranged privately at an extra fee.

If you choose Rise Holistic Midwifery Support Package each appointment will include routine checks (blood pressure, urinalysis) and listening for your baby's heartbeat (listening to baby's heartbeat will only be done from 16 weeks gestation). A postnatal check-up will include mom and baby and plenty of time to ask questions and discuss any concerns, you have. As well as a traditional midwifery support package you will also receive all the benefits of the Generously Luxurious Signature Package, you will be pampered throughout your entire pregnancy and the first few weeks after the baby is born.

Some of the reasons women book Rise Holistic Midwifery Package are:

- Reassurance & advice in the early weeks before the booking appointment with your NHS maternity provider
- Having one-to-one care throughout your entire pregnancy, provided by the same midwife provides an excellent opportunity to build rapport and a good bond
- Someone to hold space for you, to discuss hopes, fears, expectations, and past experiences, one-to-one time tailored to your needs.
- For reassurance, advice, and support because there are long periods between NHS appointments
- With NHS antenatal appointments, mothers-to-be only receive 20 minutes maximum to have an antenatal check, discuss concerns, ask questions, and book a follow-up appointment. Rise appointments will last around 105 -120 minutes, a luxury the NHS cannot afford
- To discuss options offered by the NHS and for help understanding the conditions of pregnancy
- Birth planning and birth preparation including plans for an active birth and discussing pain relief options in labor
- what to expect the day of and after a caesarean section and recovery in the weeks after
- Advise and support in how to care for your new-born baby inc. infant feeding education and how to sterilise your equipment and how to safely make up formula feeds
- To be unapologetically pampered throughout pregnancy
- To have someone hold space for them during this time of transformation and vulnerability

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Holistic Midwifery Support Package Information Continued...

This package is to be provided alongside your standard NHS care and if any assessments raise concerns regarding your pregnancy, you will be informed and referred appropriately, so that you get the safest and best care for you and your baby.

1st trimester – Covering topics such as what to expect in the weeks ahead, dietary requirements, supplements, and discuss screening options. Common pregnancy problems often start to occur and Rise therapies can help you cope with these issues with complementary therapies. **All appointments include a full antenatal check-up.**

2nd trimester- Includes time to review your screening results, and understand your growth chart discussing topics such as Anti-D, PAPP-A, multiple pregnancy, and anaemia. **All appointments will include complementary therapy** to help ease the physiological discomforts of pregnancy.

3rd trimester – You will have an appointment every two weeks, covering topics relevant to you: breech presentation, disorders of pregnancy including diabetes, OC, and PET. Concerns regarding ultrasound scans: SGE, LGA and static growth. Bonding with your baby, packing hospital bag, breathing techniques, perineal massage.

Also included in the third trimester is the **Birth Preparation Package** to help increase the production of oxytocin and decrease cortisol and make it more likely that you will go into labour spontaneously and avoid medical induction of labour **Post Dates Package** is also included if required.

4th trimester (postnatal), you will receive four 120-minute appointments in your home. supporting relaxation and reducing stress, treating a specific ailment such as haemorrhoids, tender breasts, wound healing, reducing inflammation, delayed milk production or low milk supply. You and your baby will receive a full postnatal check.

At each appointment after an assessment of symptoms, you will receive an aromatherapy oil blended bespoke for you to continue treatment.

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