

Born at Home in Iowa

2011
Calendar

Friends *of*
Iowa Midwives

Friends of Iowa Midwives is a statewide grassroots organization working to:

- Promote access to midwifery and out-of-hospital birth in Iowa
- Protect the rights of Iowa women to choose their place of birth and birth attendant
- Provide education about childbirth options
- Create supportive community for birthing women and families

A midwife is a trained professional with special expertise in supporting women to maintain a healthy pregnancy and birth. Midwives are recognized throughout the world as the most appropriate care providers for the vast majority of women. Midwifery care is uniquely nurturing, economical, and responsive to the needs of individual families. Midwives provide prenatal, birth and postpartum care to low-risk women, recognize deviations from normal and refer care if appropriate. Certified Nurse-Midwives (CNMs) are trained in two different professions: nursing and midwifery. CNMs receive training for, and practice almost exclusively in, hospital settings. Certified Professional Midwives (CPMs) are Direct-Entry Midwives, trained solely in midwifery. CPMs are trained experts in out-of-hospital birth, and the only nationally certified birth attendants whose education requires clinical experience and training in the skills necessary for safe out-of-hospital births. CNMs are licensed in all 50 states, but CPMs are not yet licensed in Iowa.

Our current legislative campaign aims to license Certified Professional Midwives in Iowa. Licensing CPMs is the best way to ensure that Iowa families who choose out-of-hospital birth will have access to the safest possible care.



Did you know...

Out-of-hospital birth is a reality in Iowa

Approximately 400-500 women give birth at home every year in Iowa.

Certified Professional Midwives are the only birth attendants whose education requires clinical experience and training in the skills necessary for safe out-of-hospital birth.

Midwives ensure the safety of out-of-hospital birth

Research consistently shows that planned, midwife-attended out-of-hospital birth results in outcomes equal to those for low-risk women giving birth in hospitals, with far lower rates of costly medical interventions.

The American Public Health Association and World Health Organization support increased access to midwife-led out-of-hospital maternity care.

Certified Professional Midwives have a proven history of reducing low birth weight and preterm birth, the main causes of neonatal mortality in the United States.

The midwives model of care is cost effective

An economic analysis of Washington State's licensed midwife program estimates that the cost savings to the health care system is ten times the cost of the program.

Certified Professional Midwives help lower health care costs when they are an integrated part of the health care system.

Iowa's families deserve licensed midwives

Certified Professional Midwives are licensed in 27 states. The fact that Iowa does not yet license CPMs discourages both midwives and families from making their homes in this state. Iowans should not have to cross the border to Minnesota, Wisconsin, or Missouri to access safe out-of-hospital maternity care with licensed CPMs.

For more information: www.friendsofiowamidwives.org

Calendar Design by Melissa Moreton and Julie Leonard; edited by Bounnak Thammavong, Thammavong Artworks

Printed at Zephyr Printing and Design





Baby Maya born at home in North Liberty, IA with the help of a midwife

“We believe in the natural process of birth and the inborn ability of women to bring their babies into the world. Giving birth in a stable, relaxing environment, surrounded by people whom we love and trust was the best way for our family to welcome our new baby. And having our baby at home was the best gift we could give our child...with the help of a midwife, a safe and nurtured pregnancy resulting in a gentle and peaceful entrance into the world.”

- Mother of Maya and siblings Kalea and Grayson



Baby Gavin born at home in West Des Moines, IA with the help of a midwife

“My choice of homebirth can be boiled down to three words: freedom, peace, and instinct. I was searching for the freedom to follow my body’s wisdom in the birthing process. I was longing for the peace of a safe and low-intervention birthing environment, the peace of a small, supportive group of women surrounding me, and the peace of my home. And I demanded a birthing space where I could trust my instincts, and where those around me would allow me to do so. My baby entered the world as peacefully and beautifully as possible, without bright lights or a dozen hands laid on him, and in the moments that followed, we cuddled together in the warm water, taking each other in, beginning our life as a family in that very home.”

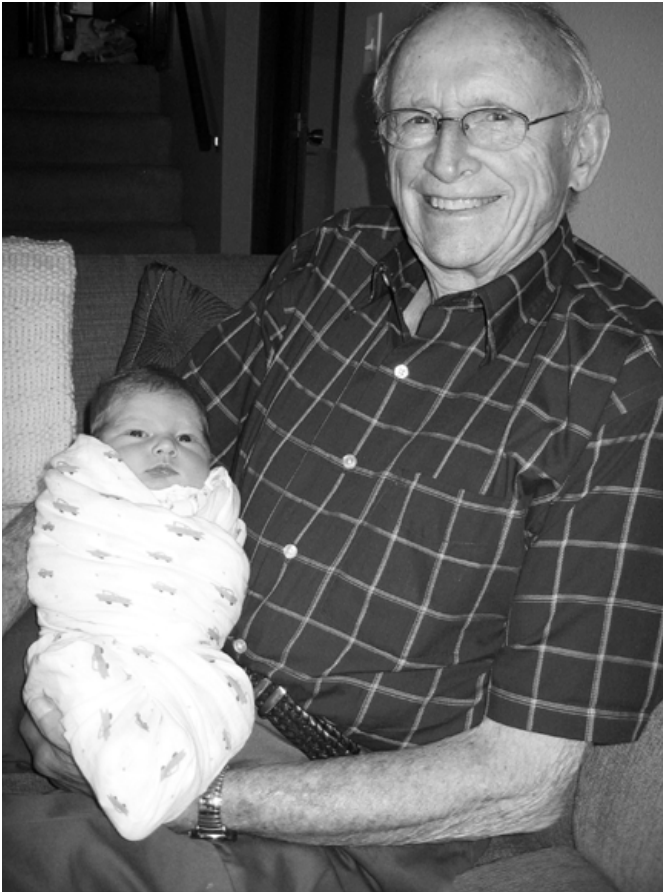
- Gavin’s mother

“Our family welcomed our 3rd baby on the deck of our home in Ankeny, IA. It was a beautiful water birth and we are very proud of our home birth. We wanted nothing less than the best start for this baby! As predicted by mama, our beautiful baby girl arrived on the full moon, on a beautiful sunny summer day. Active labor lasted 3 hours and 10 minutes. Torah Lynn Kelly weighed 6lbs 13oz and was 19 inches long. The entire family, including sister Quinn, age 5, and brother Levi, age 3, witnessed this beautiful event, along with grandmas and an aunt! The support and care from my two older children still amazes me.”

- Mother of Torah, sister Quinn, and brother Levi



**Baby Torah born at home in Ankeny, IA
with the help of a midwife**



Baby Magdalen with her great grandfather Jack, both born at home on the family farm in Alden IA

“Choosing a homebirth was a very thoughtful and researched decision for us. After getting prenatal care from both a hospital-based and homebirth midwife and having the pregnancy proceed as a normal low risk pregnancy, we chose to have our baby at home. We chose a home birth because we wanted a model of care that encouraged and supported upright labor and delivery, eating and drinking during labor, non-pharmaceutical methods of pain management, and water birth. A Certified Professional Midwife, midwife assistant, and doula attended the birth. The birth was transforming and reaffirmed our belief that homebirth midwifery is an important piece in the spectrum of childbirth options that should be available to women and families in Iowa.”

- Magdalen's mother

Neva Crist, age 98, born at home, holding Neva Crist, age 5 months, born at home in Cedar Rapids, IA with the help of a midwife

“We decided to birth at home because we feel that birth is a natural event. We felt that birthing at home was a way to be in control of our environment and to have more control over my body. Overall it was a wonderful decision and we will enjoy those memories forever.”

- Neva's Mother





Ethan and Sebastian, both born at home in Des Moines, IA
with the help of a midwife

“I had my babies at home because I needed to feel at peace with my surroundings. I knew that in a hospital it would be a struggle to get a calm birth space, and I wouldn’t be able to control who entered that space and the energy they brought. I needed to know that everyone who attended my births was on board with my intention to have a primal birth. Both boys were born in Des Moines in a birth tub in our basement, almost two years apart.”

-Mother of Ethan and Sebastian



Shayla, Cheyenne, and Michael born at home in Storm Lake, IA
with the help of a midwife

“My husband and I chose to have our two younger children at home in Storm Lake, so that I would have the freedom to birth at the pace that is right for my body and safe for our baby being born. We wanted to avoid unneeded interventions that can have unsafe and unnecessary side effects for the baby.”

- Mother of Shayla, Cheyenne, and Michael



Madeleine, born at home in Iowa City, IA with the help of a midwife

“Choosing a home birth gave us the opportunity to build a strong relationship with our birthing team from the first trimester through six weeks postpartum. This trusting bond allowed us to enjoy the miracle of birth to the fullest and smoothly transition through the crucial postpartum period within the private and familiar surroundings of our home.”

- Madeleine's mother



Baby Willow Forst, born at home in Newton, IA.

“We chose home birth because after researching and reading the birth stories of other home births, we decided that it was a beautiful, natural way to bring a baby into the world. It was intimate, peaceful, and beautiful!”

- Willow Forst's mother



Baby Aurelia with her sister Flora, born at home in Iowa City, IA
with the help of a midwife.



“We chose a home birth for the births of both of our daughters. Our first daughter was ultimately delivered in the hospital; our second at home. I was very thankful to have both options and both births were positive experiences. Birthing should be about choice - choosing to bring a child into the world the way you want to, safely, in the place you choose. Our girls are very healthy, happy little people and we’re so thankful to have them and to have had wonderful birth experiences with them.”

- Mother of Aurelia and Flora



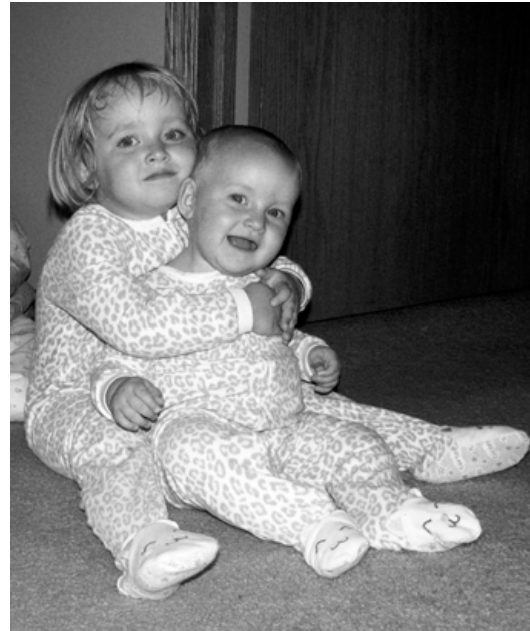
Jonah, age 3, and baby Maeve, hours old, both born at home in Iowa City, IA with the help of a midwife.

“We are a homebirthing family for many reasons but most simply because we believe birth is a private and intimate family experience. Nothing quite compares to the heart-swelling love of watching my 3 year old hold and peer wide-eyed at his baby sister for those first magical moments.”

- Mother of Jonah, Maeve, and brother Eliano

“We chose homebirth for our second baby, Holly, after our first daughter, Robin, was born at home. Our reasons were the same: a desire for a peaceful, natural birth with no unnecessary interventions. What we didn’t anticipate was the benefit of homebirth for our not-quite-two-year-old daughter, who was a part of the prenatal care from day 1: she helped our midwife use the doppler, and met our care providers in the context of our regular life. Robin met her little sister on our couch at home after preschool, rather than in a strange, clinical setting. Robin’s recognition and love for “baby ‘olly” was pure and immediate. Our family was made and became complete at home. I am so glad we have chosen homebirth for our children.

- Mother of Robin and Holly



Baby Holly and sister Robin, born at home in Iowa City, IA and North Liberty, IA with the help of a midwife



Mother Kathryn with baby Wesley, born at home in Windsor Heights, IA with the help of a midwife.

“We had both of our boys at home because we feel very passionate about allowing women the opportunity to birth the way they feel is best for them. We wanted the freedom to create our own birth environment, the freedom to eliminate unnecessary distractions, the freedom to take control of what we needed and to surrender to the natural process that is birth -- in short, to allow the body to do what it already knows how to do. And last but certainly not least, we wanted to experience a true rite of passage for women and one of the most quintessentially human experiences, without being anesthetized, sterilized, or with closed eyes.”

- Mother and father of Wesley and brother Miles



Cody Rose and Garrett, both born at home in rural Ackley, IA

“Choosing to birth at home was a significant decision my husband and I made when we learned we were going to be parents. While researching our options for our upcoming birth, we repeatedly read how the birthing location and choice of health care provider was a substantial predictor for birthing outcomes for a normal, healthy pregnancy like I was experiencing. We read how choosing a homebirth with a competent midwife was actually safer for the birth of our baby and for me, the mother. That was the choice we made and we are extremely pleased to announce that the consequences for making that decision is that now we have five beautiful, precious children, all born at home.”

-Mother of Cherokee, Wyatt, Garrett, Clint and Cody Rose



Cadrian and Denton, both born at home in Eldridge, IA
with the help of a midwife

“We chose a home birth for our two youngest children because after having two hospital births and doing tons of research, we were convinced we wanted to bring our babies into the world in the same place they would live and love: their home. We wanted them born right into the arms of their family, without any outside force imposing their regulations on us. We were satisfied that the safety of our home would be more than enough.”

- Mother of Cadrian, Denton, and siblings Brielle and Aviana



Photo credit: Betsy Rudicil - rudicilphotography.com

Amalia, born at home in Ankeny, IA with the help of a midwife

“When we learned that we were expecting our fourth child, I sought out a home birth practice midwife. I wanted my child to come into the world surrounded by people we knew and in the comfort and privacy of our home. The prenatal care I was given, both physically and emotionally, was beyond my expectations and I am grateful for the effort by my midwife to include the whole family in our visits. I will forever feel blessed that my youngest daughter was born at home in water with the caring assistance of our midwife team and in to the waiting hands of my oldest daughter. My hope is that through this experience, my children will inherit the gift of seeing the beauty and miraculous journey that a mother goes through to bring her child into the world and will be confident to birth their own children without fear.”

- Mother of Amalia

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Day	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 President's Day	22	23	24	25	26
27	28					

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 International Women's Day	9	10	11	12
13 Daylight Savings Time begins	14	15	16	17 Saint Patricks Day	18	19
20 Spring begins / Vernal Equinox	21	22	23	24	25	26
27	28	29	30	31		

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Passover					
24	25	26	27	28	29	30
Easter						

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Mother's Day						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
	Memorial Day					

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Father's Day		Summer Solstice				
26	27	28	29	30		

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Independence					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Ramadan begins					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	Labor Day					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
			International Day of Peace		Autumnal Equinox	
25	26	27	28	29	30	
				Rosh Hashanah begins		

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14 Yom Kippur begins	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
Daylight Savings Time ends					Veterans Day	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Thanksgiving		

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
			Hanukkah begins	Winter Solstice		
25	26	27	28	29	30	31
Christmas Day	Kwanzaa begins					



www.friendsofiowamidwives.org