

**“Women’s Health Service from  
the Badlands to the Bighorns  
and everywhere in between.”**

### **Birth Services**

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Complete Prenatal Care  
Out of Hospital Labor & Birth  
Water Birth  
Postpartum Care  
Newborn Care  
Lactation Assistance

### **Well Woman Services**

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Annual Exams  
Pap Smears  
STD Testing  
Pre-Conceptual Care  
Primary Care for Women  
Menopausal Care

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Want More Info:  
Go to **www.Midwife.TV**  
An Online Video Service of

*WomanKind Midwifery*



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**WomanKind Midwifery  
Jeanne Prentice, CNM**



“With women,  
for a lifetime”

## Midwifery...

## Woman Kind...

## Woman's Health...

### What is a Midwife?

The word midwife has been used for centuries to describe a woman who is "with women" at birth. A midwife was traditionally an older female in the family or the community. Today, the word indicates a philosophy of care that focuses on the specific needs of women, offers a variety of options, and minimizes unnecessary intervention; and the individuals who hold that title are highly educated professionals who work collaboratively with physicians.



Midwives know that healthy mothers mean healthy, happy babies and families.

Midwives also know that a healthy lifestyle means taking care of you and your family every day, not just during pregnancy and birth. That's why midwives are committed to providing quality healthcare, from birth and beyond.

Many visits to nurse-midwives are for gynecological care. This includes annual check ups, pap smears, breast exams, contraceptive prescriptions, family planning counseling, problem visits and more.

Making a midwife your primary care provider means your midwife is there for gynecological care, breast exams, heart screenings, and more. You can receive adolescent and midlife care, as well as prenatal and pregnancy care all from the same place, with a midwife you trust.



### Moms-To-Be

Midwives believe that a healthy body and mind is essential for all moms-to-be. But, even with advances in science and medicine, the basic requirements for health during pregnancy haven't changed much over the years.

Pregnant women still need to eat healthy, get regular check-ups, stop smoking, eliminate alcohol, exercise often, seek advice before taking prescription or over the counter medications, and avoid dangerous drugs and infections.

The kinds of decisions you make with your midwife regarding prenatal, pregnancy, and postpartum care can help facilitate a healthy and happy start for you and your baby.



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