

The Association of Midwives of Newfoundland and Labrador is pleased to announce that Health and Community Services has hired a midwifery Consultant to do the groundwork for integrating midwifery into the public health care system in Newfoundland and Labrador. The Association members will continue to work toward implementation of midwifery into the public health care system in a timely manner. You can help the progress toward the implementation of publically funded midwifery practice by considering the following.

1. **Joining the AMNL as an associate member.** The membership fee is \$30/year and details can be found here: <http://www.amnl.ca/midwifery-nl-Association-Midwives-Newfoundland-Labrador/Becoming-an-AMNL-member.html#a>
Membership entitles you to a quarterly newsletter which will keep you informed of midwifery in the province. The money raised from the membership will help pay for the College website until there are enough registered midwives in the province to cover the costs.
2. **Making a donation to AMNL.** Any amount can help the work the Association is doing toward regulation of midwives and the setting up of the College of Midwives. The address is: Pamela Browne, Treasurer, Box 1028, Stn. C, HV-GB, Labrador, NL, A0P 1C0. Please note we are not a charitable organisation so unable to issues a tax receipt.
3. **Write a letter to The Honourable Dwight Ball,** Thanking the liberal government for the hiring of a midwifery consultant and his continued support for midwifery being part of the publically funded primary health care system in Newfoundland and Labrador: premier@gov.nl.ca
4. **Write a letter to the Minister of Health and Community Honourable Dr John Haggie** Thanking him for hiring a midwifery consultant and his continued support for midwifery being part of the publically funded primary health care system in Newfoundland and Labrador. His email address is: hcsminister@gov.nl.ca
5. **Write to your Local District Health Board** encouraging them to support the timely implementation of publically funded midwifery service in your district of the province.
6. **Talk to other health care professionals and your friends** telling them about midwifery and encouraging them to support its implementation in the primary health care system in Newfoundland and Labrador.

Here are some basic midwifery facts that you could include in your letter:

- Midwife-attended births are cost –effective for the health care system. This cost-effectiveness is a result of fewer interventions, such as c-sections and episiotomies, as well as shorter hospital stays and lower re-admission rates to hospitals.
- Because midwives continue to provide round-the-clock care for women and babies during those first few critical weeks of life, women are 60% less likely to be re-admitted to hospital.
- Pre-natal visits with midwives are typically 45 minutes long, so clients have time to ask questions, consult with their midwife about nutrition, bring family members with them to appointments and build a relationship of trust with their midwife.
- Midwives see birth as a natural process.
- Midwives can support women to continue with breastfeeding which has an impact on future health.

Thanks in advance for your support!