

Free Meet & Greet Appointment



Here, you can get to know us and we can get to know you and your pregnancy expectations.

We can discuss any questions you may have, and help you to decide which model of care is best suited to your individual needs.

Get in touch with us as soon as you know you are pregnant. If you have a specific midwife in mind at this stage, please let us know!

Visit Unit 8D, 331 Rosedale Road, Albany
Call 09 909 9097
Book www.beginnings.co.nz
Email hello@beginnings.co.nz

Common Questions

How much does it cost?

The fee for **TotalCare** is \$4000 and is due in full by 32 weeks pregnant (this includes an early payment discount of \$250. If paid after 32 weeks, the full fee is \$4250).

Can my current midwife work with the Beginnings Specialist team?

Yes, of course! We welcome independent midwives, in addition to working closely with the team at Kate Sheppard Midwifery. If you don't already have a midwife, we will organise for you to meet our friendly and experienced team.

Can I choose my specialist?

Because we are a group practice and rotate coverage, any one of our five specialists may attend your delivery, however your desired specialist will endeavour to be available. Clinics will be run several times a week, and you will have the opportunity to meet each of our specialists before your special day.

How often will I see my Specialist & my Midwife?

Your midwife will be your Lead Maternity Carer (LMC) and will be your day-to-day point of contact as the weeks and months progress. You can expect to see an Obstetrician 5-6 times during pregnancy, and then once after the birth. Frequent clinics ensure your baby is seen and monitored by a specialist whenever necessary.

Can I have an elective Caesarean?

Yes, our specialists are expert surgeons and do offer this service. We are happy to discuss your questions and expectations. Your **TotalCare** fee includes a Caesarean should the need or wish arise.

Where will I give birth?

We currently only deliver at North Shore Hospital, ensuring a safe environment for all patients should the unexpected happen.



Introducing Pregnancy TotalCare



Get the best of both worlds

Every expecting mum in New Zealand needs an Lead Maternity Carer (or LMC). This can either be a midwife, GP or a specialist obstetrician. Some mothers will tell you a midwife is the best approach. Other mums say they put their trust in an obstetrician.

We say...why choose? You can get the best of both worlds with Beginnings **TotalCare**.

With **TotalCare**, you will have the security of having a chosen Midwife and Specialist always available to you. We believe this offers all the advantages of personalised midwifery care with the comfort of knowing expert medical knowledge and skill is at hand if needed.

Your Obstetrician

- Provides safety of expert medical knowledge and experience
- Will intuitively spot any health problems (for mother and baby) and make timely intervention
- Ensures personalised hospital care, should the unexpected happen
- Experienced surgeon with a track record of expertise

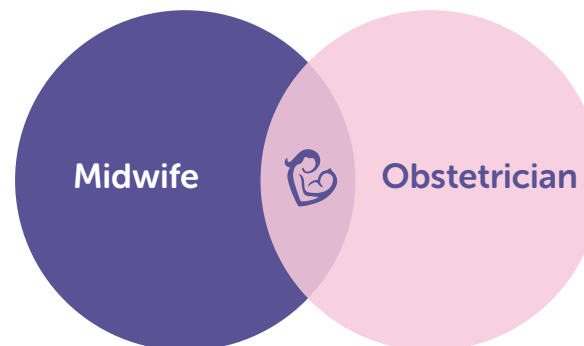
Your Midwife

- Your partner throughout your pregnancy and birth
- Your go-to person at all times to discuss any worries or concerns
- Will visit you in your home after your birth to ensure the best start for your baby
- Normal Vaginal Birth experts
- Breastfeeding experts



Generally you will have your first midwifery appointment at 8-10 weeks pregnant. At this visit, your midwife will explain how she will look after you and what early blood tests and scans are available as part of early pregnancy screening. She will then book you in for your first appointment with your specialist.

You'll be in regular contact with both midwife and obstetrician during your pregnancy. Anything of a day-to-day nature, your midwife will support you with, and your obstetrician will be there as back-up and always up to speed with what is happening. Both your midwife and obstetrician will be present at the birth of your little one.



Our Specialist Team

Our team of obstetricians have a wealth of experience supporting mothers through happy, healthy pregnancies. On your special day, feel comforted by a true team approach where your feelings and preferences are our priority.

We want you to enjoy a close bond with our team, and to feel safe and comfortable at the time of your baby's birth.



Dr Jeanie McDonald
FRANZCOG



Dr Paul Henderson
FRANZCOG



Dr Ammar Al-Abid
FRANZCOG



Dr Adele Barr
FRANZCOG



Dr Shiu Kumar
FRANZCOG

For more information on the team of midwives at Kate Sheppard Midwifery, please visit:

beginnings.co.nz/midwives