

TESTIMONIALS

“Stella was fantastic, supportive, and kind the whole time—from the beginning of pregnancy to postpartum. We had a great, natural birth experience and I would recommend her services to any family looking for the best birth experience for you and your baby! She was available like a friend to me whenever I had questions, or was worried about anything during pregnancy, and was just generally emotional. Our birth with our first child was perfect and we couldn’t have done it without Stella!”

E.K., Palmer

“Stella had experienced hands that knew how to touch a laboring woman. While I was overcome with the power within me, she was able to guide me to the water, then to the darkened room. She kept me from spiraling out of control from pain and excitement. She stayed close but never intruded my space. I was blessed with so much support during my birth. My husband and I both agree that she was an integral part of our daughter’s beautiful birth at home.”

R.H., Palmer

“I tell my birth story to people with such pride, and I love telling people about Stella. She helped me to recognize what I am capable of, and I would not have changed anything about my birth. If there are more babies in our future I pray that their births will go just as smoothly. Thank you again, so very much.”

E.M., Medford, OR.



WHY CHOOSE HOME BIRTH?

THIS MIDWIFE’S PERSONAL PHILOSOPHY

I believe in women having access to many options during their childbearing year, and honor that each person has a unique history, lifestyle, philosophy and comfort level, all of which in turn dictates where she will be most comfortable giving birth. For women who wish for privacy, and are wanting an intimate and totally free environment in which to experience childbirth, home birth can be a great option.

No matter what, giving birth is a peak life experience, and is remembered for a lifetime. Choose the setting and care provider that most supports you in feeling empowered. One benefit of home birth is that the laboring woman need not travel, and, after the birth, she and the new babe can be tucked right into bed. This can lead to better healing, less exposure to germs, and a smoother breastfeeding experience.



GENTLE BIRTH AT HOME



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GENTLE BIRTH AT HOME

Medicaid/ Denali Kid Care and private insurance are billed. Discounted rates are available for self-pay clients. Visa, Mastercard and Discover are accepted.

I also offer a full range of herbal remedies for the childbearing year and beyond.

PRENATAL CARE

Home visits are provided for your convenience and comfort, for both prenatal and postpartum appointments. These visits occur monthly until 28 weeks, bi-monthly between 28-36 weeks, and weekly from 36 weeks until birth. Appointments are scheduled for at least an hour, to allow time for all of your questions and concerns. Prenatal care includes all necessary lab work, along with thorough information about all of your testing options during the course of your pregnancy. Ultrasound referrals are available, as well as referrals to other complimentary care providers, as necessary or desired. Education is central to our visits, so that you can make informed decisions.

Each prenatal visit includes a physical exam, including palpation to determine the position of your baby, listening to fetal heart tones, urine analysis, blood pressure checks, etc. Nutritional counseling and guidance regarding herbal remedies and natural treatments for common discomforts are integrated into your care.

WHAT ABOUT SAFETY?

Your midwife brings equipment to monitor vital signs, fetal heart rate, and to suture, catheterize or administer IV's if necessary, as well as anti-hemorrhagic drugs and other medications as needed for mother and baby safety. Hospital transport is always an option if appropriate. A midwife's role is to continually assess the health and safety of mother and baby during pregnancy, labor, birth, and the postpartum period, and to act as a safety net in the event of a necessary intervention or transport. Strict guidelines are followed for determining safety, with the welfare of mother and baby always utmost in consideration, while also providing gentle and family-centered care in the sanctity of your own space.



POSTPARTUM CARE

Immediate postpartum care is provided for at least 3 hours after the birth, while mother and baby stabilize. During that time, a complete newborn exam is performed right next to you on your bed, mother and baby are treated to a healing herbal bath, and breastfeeding is initiated with plenty of support standing by. The "fourth trimester" is a time of great transition and tenderness, and is a place where midwifery care shines. Much support for family bonding, healing, rest, and a positive breastfeeding experience is provided with frequent home visits after the birth, through 6-8 weeks. In addition to monitoring the health and healing process of the mother during this time, well-baby care is also provided, including checking vital signs, weighing, evaluating the over-all well being of the baby, and making appropriate referrals, if necessary.

During the first few days after birth, a birth certificate is filed for you, and Newborn Metabolic Screening can be performed. Any other necessary follow-up labs or PAP smears can be provided before the end of care. Placenta encapsulation is available as an extra service, if desired.



Call for a free, no-obligation consultation: 907-646-2992 office or 541-261-3537 cell