
Apple Tree Philosophy

Adapted from Pomegranate Midwives

At Apple Tree, we align our care with the midwifery philosophy. This philosophy perceives people as inherently healthy. Pregnancy is a state of health and childbirth is a normal, physiologic event that is a profound event in a person's life. Our care is holistic by nature, combining an understanding of the social, emotional, cultural, spiritual, psychological and physical aspects experienced by pregnant people during the childbearing cycle. Derived from both the arts and sciences, the team integrates knowledge that is based on research and experience. Our care promotes wellness in parents, babies and families both autonomously and in collaboration with other health professions.

Apple Tree care takes place in partnership with our clients and is provided in a manner that is flexible, empowering, and supportive. Importance is placed on the relationship with the pregnant person, who is recognized as the primary decision maker. Shared decision making is promoted between the pregnant person, their family, and their caregivers.

At Apple Tree, we actively encourage informed choice throughout the childbearing cycle by providing complete, relevant, objective information to facilitate decision making. Our practice enables pregnant people to develop the understanding, skills and motivation necessary to take responsibility for and control of their own health.

We respect the pregnant person's right to choose their place of birth. All pregnant people, regardless of their life circumstances, have a right to accessible, comprehensive care. Fundamental to our care is the understanding that a pregnant person's caregivers respect and support them so that they may give birth safely with power and dignity.