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## Informed Choice

Adapted from Pomegranate Midwives

Informed decision-making is an integral part of care at Apple Tree. We support a shared-care model where care providers and pregnant people work together to create decisions based on sharing information and understanding values in a respectful, culturally safe environment. We believe it is our job to provide you with current research information, as well as our individual and collective healthcare experience, about important health care decisions so that you can make a decision that is right for you and your family.

This is one of the main reasons why we have longer visits than the traditional medical model. We book our visits to be 30-45 minutes – so that we can learn about you and your family in addition to ensuring you and your baby’s health.

The decisions you will make throughout your maternity care include choices around screening tests, conventional procedures, and birth setting. We will inform you what the larger medical community standards of care are, what the hospital policies are (if you plan a hospital birth), as well as what our scope of care is; at the same time, we recognize that people come from all walks of life, and the best care for any individual situation may vary. We offer you resources and dialogue, to help you make decisions about your care in pregnancy, birth and postpartum. We believe, as research shows, that when you make decisions based on valid information in a supportive environment, you ultimately make better decisions and feel more satisfied.