

During Pregnancy...

- Personalized care: prenatal appointments take an hour, so we get to know each other well
- As a Naturopathic Physician, I have extensive training in nutrition, herbal medicine and homeopathy, to address problems during your pregnancy as well as labor and postpartum
- Standard lab tests provided in my office



Labor and Birth...

- It is your birth.
 - Move freely. You don't have to wear a fetal monitor. We monitor the baby's heartbeat discreetly with a handheld doppler
 - Choose the people, place, and atmosphere
 - Eat and drink whatever, whenever, you want
 - No pressure to give birth within a certain timeframe
 - Waterbirth: Labor and give birth in a deep birthing tub which I provide
- I commit to being there.
 - You know everyone who is present at your birth
 - I bring oxygen and resuscitation equipment, medicines, and IV equipment, and rarely need these
 - If, together, we decide we need some of the interventions available at the hospital, I accompany you and continue to advocate for you until after the baby is born, has breastfed and you are both doing well

- With homebirth, older children and pets can be present, sleep or play as they like
- You don't have to worry about going to the hospital too early, or too late
- We clean up all the mess and do laundry, too.



Postpartum...

- Rest and enjoy your baby in the comfort of home
- Postpartum home visits to protect and support the magic first week with your new baby
- Breastfeeding expertise available 24/7
- Pediatric and family care provided after the standard 6 week postpartum period

I consider it a great privilege and honor to attend births and care for families.

*Allow your
birth to
unfold...*

For any questions, or to schedule a free consultation, please call 503-236-6006 or email drsara@sarasfamilycare.com

*20 Reasons
to consider
HOMEBIRTH*

*In its own
way and
time*



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