# Transcript

Hi, I’m Jo a midwife in Canberra.

I’ve met hundreds of new mums and mums-to-be so I know that as soon as you find out you’re pregnant you’ll be faced with lots and lots of decisions – everything from what to name your baby right through to which pram you’ll buy.

But one of the most important decisions you’ll make is the type of care you’ll receive throughout your pregnancy and birth.

In Canberra, we are so fortunate to have a lot of maternity options. There’s no right or wrong option, but there will be the right one for you.

Just like every baby is different, so is every woman’s pregnancy experience. So, we’re proposing a new way to give you information about what care options are available so that you can get the care that suits you.

We want you to be able to meet a midwife early to plan your pregnancy and birthing care.

By meeting with a midwife early you’ll have the opportunity to learn about the pregnancy and birthing options available here in Canberra and talk about your personal preferences and health care needs.

This will help you make informed decisions that are right for you and your baby.

After your first appointment with the midwife you’ll start your pregnancy care of choice.

Using this service will be really easy. There is just one phone number to call to arrange your first visit with a midwife.

This new maternity service will connect with current maternal and child health services. This means you will be able to receive support locally before, during and after your pregnancy, so you get the best start to parenthood.

I think these proposed changes will benefit every mum-to-be, but we want to know what you think. Have your say.