***About Jules and Lehe***

Jules and Lehe are Registered Midwives with many years of experience providing care to women and families. They have experience with both low and higher risk women and work collaboratively with other midwives, nurses, doctors, obstetricians and pediatritions to ensure that you and your baby receive the best and safest care.

# Location

Jules is located in Sechelt, and sees clients there. Lehe is located in Gibsons, and sees clients there. They both also do home visits in the first week or two after your baby is born, and may do home visits during your pregnancy depending on where you live and other time commitments.

# Contact info for Jules and Lehe

Jules’ cell: 778-808-2959

 Home phone: 604-885-7374

 Email: jules.atkins@gmail.com

 Fax: 604-885-7374

Lehe’s cell: 604-603-0477

 Email: elle.spiegelman@gmail.com

# Pre-register at Sechelt Hospital

No matter where you plan to give birth, you need to

pre-register at Sechelt Hospital. Do this as soon as

you can. Go in person to the admissions window in

the old section of the hospital. You may be able to

take a tour of the maternity ward (call ahead).

**Please put ‘ATKINS/SPIEGELMAN’ as your ’doctor’**

**when you fill in the pre-registration form.**

# Check out the Hello Baby! website…

The website has current information on everything

to do with pregnancy, birth and babies. Check it

out at: [www.hellobabymidwiferycare.com](http://www.thefvmg.net)

Also please check out our new shared website at [www.suncoastmidwifery.com](http://www.suncoastmidwifery.com)

And look for ‘Hello Baby Midwifery Care’ on Facebook, where we post new information on pregnancy, birth, breastfeeding and baby.

***In an emergency***

***What midwives do***

**If you have an urgent concern,**

**or you are in labour,**

**call Jules at 778-808-2959**

**or Lehe at 604-603-0477**

**If they are not available call the**

**Sechelt Ob nurse at 604-989-6248**

*\*Please see document called “Urgent Situations” regarding potential problems in pregnancy and when you should call.*

* **complete care** for you and your baby – from conception to 6-8 weeks after your baby is born
* **4/7 on-call coverage** – Jules is usually on-call. When she is not available, there is a maternity doctor on call. You will have an opportunity to meet with this doctor during your pregnancy.
* **home visits after your baby is born** – Jules offers home visits for the first week or two after your baby is born, and continues to provide care for you and your baby for 6 weeks.
* **support for breastfeeding** – Jules is both knowledgeable and experienced with breastfeeding. There are also excellent lactation consultants on the Sunshine Coast.

# Choice of birth place

You can choose to give birth in hospital, or at home.

**Hospital Births** are at the new Sechelt Hospital. All rooms are private. All have showers and bath tubs. There is a small kitchen with a refridgerator where you can make snacks – feel free to bring the foods you like! There is also a lounge where you and family members and friends can relax.

**Home Births:** Healthy, low risk women may choose to give birth at home. If you would like to know more about home birth, please ask Jules, and go to the BC College of Midwives website at [www.cmbc.bc.ca](http://www.cmbc.bc.ca) for more information on the safety of home birth and the responsibilities of the midwife.