



Summary of Services:

Tiffany Miller, CCCE, Student Midwife.
Joyful Beginnings LLC
6180 Lehman Dr. Suite 103 | Colorado Springs, CO 80918
719-432-9712 | tiffmiller@joyfulbeginningsbirth.com

I am able to provide holistic pregnancy, birth, and postpartum care for healthy, low-risk mothers and their newborns for home births under the direct supervision of my preceptor, Desirre Andrews, CPM, RM. Care begins in the first trimester of pregnancy, and extends to six weeks postpartum.

I do not provide care for multiples, known breech babies, or for women with certain conditions that categorize them as high risk, including certain VBAC candidates.

I do not provide pain medications, prescriptions, forceps/vacuum assisted births, diagnostic ultrasound scans, cesarean sections, or perform versions.

Prenatal visits last from 1 – 1.5 hours, and each will consist of a set of vitals, palpation, listening to baby's heart rate, a urine dip, weight, and discussion of your physical, emotional, and mental well-being.

- 9-12wks: 1.5 hour initial prenatal office visit consisting of Client Intake, a basic physical, lab work and urine dip, and completing paperwork
- 12wks – 28wks: 1 hour office appointments are every 3-4 weeks
- 28wks – 36wks: 1 hour office appointments are every 2 weeks. Another set of basic labs are drawn at 28wks
- 36wks – 37wks: 1.5 hour home visit appointment. Review of emergency plan and protocols, discussion of newborn procedures, labor and your readiness. A finger stick is performed to check your iron levels. Pelvic exam and GBS swab are offered.
- 36wks – Birth: 1 hour office appointments every week.

Labor & Birth.

- Your midwife will provide you with guidelines on how to communicate with her when you believe you are in labor, which she will review with you at your home visit.
- Your midwife will arrive sometime during active labor (6cm, contractions 3-5 mins apart, 60 seconds long, approximately)
- Stay through your labor, birth, and approximately 2-2.5 hours after baby is born. Will monitor fetal heart tones, mother's vitals, intake & output, progress, bleeding, and other factors indicative of well-being.
- Conduct a thorough, head-to-toe exam of newborn, offer vitamin K & erythromycin.
- Assist mother to urinate and initiate breastfeeding. Answer questions, clean up, and leave once mother and baby are both stable.

Postpartum visits last from 30mins – 1.5 hours, depending on mother and baby needs. Each consists of a set of vitals on both mom and baby, and discussion of physical, emotional, mental, and spiritual well-being of the mother first, as well as her family.

- 24-48hours postpartum: 30mins – 1hr in your home to assess mother and baby well-being, 1st NB screen offered/performed. CCHD screening performed.
- Day 3-4: 30mins – 1hr in your home.
- Days 7 – 10: 30mins – 1hour in the office. 2nd NB Screen offered/performed
- Weeks 2-4: 30mins – 1hour in the office
- Week 6: 30mins- 1 hour in the office. PAP smear offered/scheduled if needed.

Other:

- Supply list to prepare for your home birth
- Informed consent documents for all procedures offered
- Access to a free lending library including books and DVD's

For more information on Certified Professional Midwives in Colorado, click the link below:
[Department of Regulatory Agency – Office of Direct-Entry Midwifery Registration: Laws, Rules, and Regulations.](#)