



### More information

Phone: 5124 9977  
During business hours

[health.act.gov.au/maternity](http://health.act.gov.au/maternity)



## Finding the best maternity care for you

### Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit:  
[www.health.act.gov.au/accessibility](http://www.health.act.gov.au/accessibility)

[www.health.act.gov.au](http://www.health.act.gov.au) | Phone: 132281 | Publication No XXXXX

© Australian Capital Territory, Canberra Month Year

A program of



When you first find out you're pregnant you'll be faced with lots of decisions — everything from what to name your baby right through to which pram you'll use.

One of the most important decisions you'll make is the type of care you want to receive throughout your pregnancy and birth.

Canberra Maternity Options is a single access point for all public maternity care in the ACT. Call us to arrange a meeting with a midwife who can find the best maternity care for you.

The midwife will talk with you about your health care needs, personal preferences and complete a health and wellbeing assessment with you.



If you think you are pregnant you can take a pregnancy test or visit your GP. Your GP will be there to provide health advice, discuss any concerns you may have and support the long term needs of your growing family.

Once your pregnancy is confirmed and you would like to give birth in the public system you will need to:

- call 5124 9977 to book to meet with a midwife
- book an appointment with a GP for early pregnancy care
- meet a midwife at a community centre close to home.

### What will happen at my first appointment with a midwife?

The midwife will ask you several questions, to better understand your:

- health and medical history
- personal preferences about how you would like to be cared for during your pregnancy and birth.

Together with your referral (if you have one) from your GP, the midwife will then discuss the pregnancy and birthing options suitable for you.

### Attend an early pregnancy information session

You're welcome to attend an information session where you can learn about what public pregnancy and birthing options are available, as well as some important early pregnancy health information.

For more information on when the next information session is and how to book, visit [health.act.gov.au/maternity](http://health.act.gov.au/maternity)

### People who live in NSW

If you live in NSW and would like to give birth in Canberra's public maternity system, you will need to speak to your GP or local maternity service who may refer you to our public maternity services.

### Aboriginal and Torres Strait Islander families

We support birthing on country or within community. If you're an Aboriginal or Torres Strait Islander, or pregnant with an Aboriginal or Torres Strait Islander child, you can choose to receive your care through Winnunga Nimmitjiah Aboriginal Health and Community Services, or Canberra's public or private maternity system.

### Private maternity services

You may choose to see a private obstetrician for your pregnancy care. If this is the case, please see your GP to obtain a referral to see an obstetrician of your choice. Private midwifery services are also available across the ACT.



### Contact us

Phone: 02 5124 9977

During business hours

[health.act.gov.au/maternity](http://health.act.gov.au/maternity)