

Midwifery continuum

Chain of best practices



Postpartum

Postpartum Care
Family centered and respectful midwifery care

Midwife

Woman & Man

Assessment and treatment of Low risk - High risk; both mother and newborn
Ensuring the wellbeing of the family
Educating in signs of abnormalities
Guiding tailored self-care

Making space for the newborn
Early interaction
Safe skin to skin
Basic newborn care
Personal hygiene
Remaining active

Timely and relevant guidance
Educating in breastfeeding benefits
Creating positive breastfeeding initiation experience

Learning evidence based parenting knowledge and skills
Partner support for breastfeeding

Childbirth experience discussion
Screening for mental health and wellbeing
Screening for IPV

Team work between couple
Supportive relationship
Equality in family
Creating support network

Bringing up sexuality
PPFP
Health promotion between pregnancies

Healthy nutrition
Sleep and rest
Pelvic floor exercises
Preventing unwanted pregnancies

Empowered, confident and positive parenthood

Read more: Lancet series Midwifery 1 - 4, 2014