



Your Birth Experience with U-M's Family Mother Baby Team

A partnership between Arbor Woman Health, Emmaus Health Partners, and U-M Family Medicine Birth Service



We're so glad you chose ArborWoman for your prenatal care. Our special partnership with the U-M Family Mother Baby Service provides a high-touch, family-centered, hospital-based birth experience and newborn care for your new family.

Key Things to Know About Our Partnership

- The Family Mother Baby team philosophy is to keep **you** at the center of your care. We respect and support the natural birth process. We help you make informed decisions based on your preferences and values.
- If you are planning a low-intervention, unmedicated birth, we won't rush your labor or recommend a cesarean unless its necessary for the safety of you or your baby.
- If you select medications or an epidural to support your labor, if you select a labor induction, or if you have a scheduled cesarean section, our team is here for you too.
- Your ArborWoman provider will talk to you about transferring your care early if you want a midwife-attended birth. We generally do not accommodate requests to switch services when you arrive at the hospital in labor.

Supporting Your Birth Plan and Preferences

Birth Plan Request	U-M FMB Team
Unmedicated or physiological birth	Yes
Eating and drinking in labor	Yes
Music during birth	Yes
Battery powered candles during birth	Yes
Birth in patient-preferred positions	Yes
No IV line	Personalized to bleeding risk
Intermittent fetal monitoring	Yes
Can request no medical student involvement in care	Yes
Unmedicated or physiological birth	Yes
Avoid unnecessary cervical exams	Personalized to patient needs

Birth Plan Request	U-M FMB Team
Epidural anesthesia	Yes
Pushing in upright or squatting positions	Yes
No routine episiotomy	Yes
Laboring in a tub	Yes
Birth in a tub	With team support
Vaginal birth after cesarean section	Yes
Gentle cesarean section	Varies by doctor
Delayed cord clamping	Yes
Skin-to-skin after birth	Yes
Declining newborn medications (all providers recommend newborn medications and respect if your decision is to decline)	Yes



Who Will Be There When You Give Birth

- When you arrive at Von Voigtlander Women's Hospital, you will be welcomed by a Labor and Delivery nurse and our team of family doctors. Your team will confirm your medical history, your birth preferences, and meet your family and doula, if present.
- Our small team of 2-3 doctors allows us to provide attentive and timely care, while keeping the team small enough that you get to know everyone. The team will provide support throughout your labor, perform exams if necessary, and assist you in having a safe birth. We then take care of both you and your newborn until discharge.
- You will have one nurse-doctor team for each day shift and night shift. If you have a complications, such as severe high blood pressure, you may also meet a high-risk obstetrician as part of your team.



More Questions?

Ask your ArborWoman provider to set up a virtual consult with U-M's FMB team if you have additional questions or concerns about your birth experience.



Timely Support for You

24/7 support is available to you through Von Voightlander Women's Hospital OB Triage.

Reach Triage at:

734-764-8134



U-M Family Medicine

734-539-5000

Our Locations

Ann Arbor | Chelsea | Dexter | Livonia | Ypsilanti

Our Community Partners

The Corner Health Center | Emmaus Health Partners

The Luke Clinic | Packard Health