The Metropolitan Aboriginal Family Birthing Program

What is the Metropolitan Aboriginal Family Birthing Program?
The Metropolitan Aboriginal Family Birthing Program is a free service for Aboriginal women in metropolitan Adelaide. As part of the Program, you will be cared for by a group of Midwives and an Aboriginal and Maternal Infant Care (AMIC) Worker throughout your pregnancy, birth and after your baby is born.

Who can be involved?
The Program is available for any Aboriginal women who are pregnant and plan to birth in Adelaide. Come and talk to one of the AMIC workers to find out if you are eligible.

What will happen as part of the program?
Your Midwife and AMIC worker will get to know you and your family to support a positive pregnancy and birthing experience. You will be provided with culturally sensitive information, resources and support for your health and well-being.

Before Birth
> Relaxed checkups at any convenient location to you. This could include your home, the hospital or local Health Service.
> Information, education and resources on a range of topics, such as pregnancy, birth plan, and taking baby home.
> Links with community supports and services.

> Support when you have appointments with a midwife, Dr or other health worker.

During Birth
> Your Midwife and AMIC worker can be available to be there with you during the birth of your baby.
> Some young women want older women in their community to talk to them and this can be arranged.

After your baby is born
> Your Midwife and AMIC worker will provide you and your baby with regular checkups and support at home or a convenient location for you.
> Information and resources about a range of topics, such as breastfeeding and immunisation.
> Links with community services such as Mums and Bubs Groups, Playgroups and Child and Family Health Services.

How to get involved
Contact an AMIC worker at:
> Women’s and Children’s Hospital
  Ph 8161 7000
> Lyell McEwin Hospital
  Ph 8182 9000
> Flinders Medical Centre
  Ph 82045511.
> Nunkuwarrin Yunti
  Ph 8406 1600

For more information
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