



**“Meeting Nancey was like reuniting with a long time friend.**

From the first appointment, several things

stood out about her: she had been the first midwife to show me how to move my body to help alleviate various pressures from the weight of carrying the baby, she wasn't afraid to use her fingers/hands to feel for the baby's position, she educated my husband on ways to assist me standing up and getting out of bed easier, she listened with her eyes, she was a dancer, she empowered us to feel confident that having a baby was a natural process that did not need to be overly medicalized if all was going well. Most of all, I got a strong sense that I could trust Nancey.

The day my water bag broke, I was so happy to learn that she was the midwife on call. I was determined to have a natural delivery and could have easily been pressured to have a c-section due to how slow things were progressing with the labor. But I was fine and my baby was fine and Nancey trusted in my body's ability to give birth. As she came into the room throughout my labor, her presence alone felt like rush of support and encouragement. She never made me feel nervous and she continued to show me ways to move my hips between contractions to alleviate the pain. I delivered a healthy baby girl and am so proud of my birth experience. Thank you Nancey!” — K.M.