INDEPENDENT MIDWIVES

· in Luxembourg ·

100 %
Services fully covered

CNS
d'Gesondheetskeess





ASSOCIATION LUXEMBOURGEOISE DES SAGES-FEMMES

Professional and personalised care

Adolescence · Adulthood · Pregnancy · Birth

Postnatal care · Infant nutrition · Parenting

MIDWIVES:

WHY AND FOR WHOM?

Midwives offer continuous, personalised support for women, expectant parents, couples and families. They provide:

- A listening ear and support tailored to your individual needs
- **Professional**, **evidence-based guidance** throughout **pregnancy**, **birth** and **early parenthood**
- Support in promoting:
  - **women's health** and **rights**
  - **emotional**, **sexual** and **reproductive health**
- **Continuity of care** from **adolescence** through **pregnancy**, **childbirth**, **parenthood** and **beyond**





ADOLESCENCE AND ADULTHOOD



- Education and support regarding emotional, sexual and reproductive health
- Contraception and family planning advice

PREGNANCY



- Pregnancy care and support
- Antenatal consultations and examinations
- Birth preparation and antenatal classes

BIRTH



Support during physiological (natural) births outside the hospital setting

POSTNATAL CARE



- Home visits after birth
- Care and support for the mother, newborn and family
- Breastfeeding and infant feeding support
- Postnatal recovery and pelvic floor exercises

INFANT NUTRITION



- Guidance and support with breastfeeding and infant feeding
- Support when introducing solid foods

PARENTING



- Advice on newborn care, hygiene and safety
- Emotional support for parents
- Supporting parent–baby bonding
- Guidance and support with everyday parenting challenges

INFORMATION

In the event of **illness** or **situations requiring additional medical attention**, the independent midwife may provide **care on medical prescription**.

Some midwives also offer additional services such as **acupuncture**, **hypnobirthing courses, babywearing courses** and **baby massage** (non-exhaustive list). These services are not covered by the CNS.

MIDWIVES:

- are **recognised healthcare professionals in Luxembourg**
- **advise** and **support women** and **families**
- offer care **in their clinics** and **in your home**
- **work closely** with **doctors** and other **healthcare professionals**



Photo by Ignacio-Campo on Unsplash

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FIND A MIDWIFE

Here you will find a **list of independent midwives** in your area. If you are pregnant, it is recommended that you contact a midwife as early as possible – ideally before or at the beginning of your pregnancy.

sages-femmes.lu/
annuaire/

ASSOCIATION
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