

KEISHA AMANDA CHARNLEY

Registered Midwife

Contact	Urgent calls: 604-336-7771 *If for some reason, you are unable to get through to me please call the Huckleberry Team at 604-336-6468 Non-urgent questions or concerns: e-mail: info@netetbirthwork.com
When to page	• Urgent or emergency question or concerns • I am on call for you for urgent concerns 24 hours a day 7 days a week from baby's birth until your 6 week discharge visit
When to send an email	• When there is a non-urgent concern that cannot wait until your next appointment, but does not need an immediate response • E-mails will receive a call back within 24 hours
When to text	• For appointment bookings or rescheduling • To request a non-urgent call back • For all urgent or emergency concerns, use the pager to contact the midwife right away • No medical advice will be given by text

Please note:

There may be times where I am sick, on vacation or unable to work for other reasons. During these times, the Huckleberry Midwives will be covering for me. In this case, I will let you know to reach out to them with your questions or concerns. They may also provide one or two visits for you during these times. For more information about their team please visit **huckleberrymidwives.com**



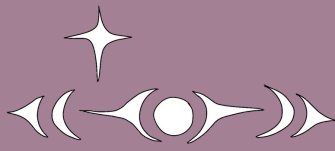
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Everyone's postpartum journey will be different, generally you can expect your care to look:

Week 1	Week 2-4	Weeks 4-6	Discharge
• Home visits • Lots of feeding support, as needed • Birther and baby medical check-ups • Baby weight checks • Emotional support • Discuss postpartum recovery	• Transition to visits at the clinic • Feeding support • Solidify feeding plan for baby • Discuss postpartum recovery and return to activity	• Clinic visits • Optional: discuss contraception • Discuss newborn vaccines • Discuss physical activity/pelvic floor physio • Debrief birth experience • Discuss emotional wellbeing	• Final visit at 6 weeks • Full baby exam • Offer PAP test or prepare self-pap • Review records • Transfer care back to family doctor, nurse practitioner or other ongoing care

We will always prioritize time to have a good check-in about how you are feeling and answer your important questions. When needed, we may consider adding in more visits, working with a lactation consultant or other expert providers. I will make recommendations to you based on what is happening with you and your baby's health.



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My name is Keisha and I am a member of the Katzie First Nation, I also have white european ancestry mostly from Lancashire, England. I grew up in the city of Vancouver on Musqueam, Squamish and Tsleil-waututh Territories where I now practice as a registered midwife. I am an Indigenous registered midwife, consultant and community health researcher and educator. I attended my first birth in East Van in 2011 at the age of 19 years old and have been a birthworker ever since. In 2016, I took the Indigenous birthworker training with the Native Youth Sexual Health Network at the Toronto Birth Centre. I then received a Bachelor of Science in Midwifery from the School of Medicine at the University of British Columbia in 2021 and began my practice as a midwife. I currently also serve as a Co-Chair with the Indigenous Midwives Council of BC at the Midwives Association of BC. My hope is to uplift the health of my relatives through my role as a midwife and aunty, supporting your autonomy, joy and offering meaningful care during pregnancy, birth and postpartum. Outside of my work, I love to garden, surf, ride my bike and explore life with my family. For more info visit **netetbirthwork.com**!