

Welcome and congratulations on your pregnancy!

Are you looking for a midwifery practice in which a personal approach and extensive information are central? Then look no further!

We, Eva Szabados and Roselie van den Berg, two experienced obstetricians, are ready to give you a **relaxed pregnancy and prosperous delivery**. You can contact us for pregnancy guidance, guidance during delivery, breastfeeding assistance, contraception, children's consultation, maternity care, mother and baby coaching and various courses. Our work area covers all of Rotterdam, Zwijndrecht, Heerjansdam, Barendrecht, Hendrik Ido Ambacht, Dordrecht and Ridderkerk. Feel free to contact us for more information, we are happy to help you!

During pregnancy we **check the health** of the baby and that of the expectant mother. We also offer various options for echoes and prenatal screening. Pregnancy checks can take place wherever and whenever you want: during the day or in the evening, at home, in a health center or at work. Everything is possible and we are happy to discuss the possibilities with you!

We also give pregnant women **comprehensive information** about the Dutch system and the choices you have as a pregnant woman. Where do you want to give birth: in the hospital, in a birth center or at home? With or without pain relief? Which diet do you want to give your baby? What do you need to arrange and purchase in advance? To answer these questions it is important that you have the right information and we will gladly give you that. So contact us now!

For a **pleasant delivery** it is important that someone is standing next to you who you know and trust. That is why we stay with you during the whole delivery and we make every effort to realize your personal wishes. Even if your childbirth unexpectedly becomes medical (eg after a spinal puncture or complications) we remain involved.

The maternity period follows after delivery. In the Netherlands every woman who has given birth is entitled to **maternity care** and often this can be done in your own language. We also visit you as a midwife several times to see how it goes. We guide you as long as necessary and until you can do it yourself. Even if you have not been under control during pregnancy or childbirth, you can contact us for guidance during the maternity period.

Our practice consists of two midwives: **Roselie van den Berg** previously worked in various large group practices, set up a health center for women and is regularly involved in (inter) national scientific research. **Eva Szabados** has years of experience as a clinical midwife at the Sint Franciscus Gasthuis in Rotterdam where she accompanies medical and difficult deliveries. Together we have a wide network and we can - if necessary - quickly and easily refer you to, for example, a gynecologist, pediatrician or physiotherapist.

We look forward to meeting you personally! An introductory meeting is **always free and entirely without obligation**. Even if you are already under the control of another midwife, you can always switch. Feel free to contact us via info@rotterdambevalt.nl