




midwives

make a difference



Royal College
of Midwives

adequate numbers of midwives reduce avoidable harm by **11 %**



Safe care for women and babies

- Midwives identify complications early
- Midwives prevent avoidable harm by increasing vaccination uptake, supporting smoking cessation and reducing the risk of sudden infant death.
- Strong midwifery leadership improves the quality and consistency of care, through education, research and evidence-based guideline development.

Midwife led care results in reduction of:

- Severe perineal tears
- Blood loss greater than 500 ml after birth
- Caesarean birth
- Induction of labour
- Birth with forceps or ventouse
- Episiotomy
- Missed antenatal appointments
- Need pain relief during labour and birth
- Hospital stays more than 7 days
- Born preterm by up to 45% (before 37 weeks of pregnancy)
- Low birth weight
- Need for neonatal unit admission

Better outcomes for mothers and babies

Continuity of midwife led care one of the most effective ways to support safety and positive birth outcomes



Women receiving midwife-led care are more likely to experience:

- Spontaneous onset of labour
- Spontaneous vaginal birth
- Skin-to-skin contact at birth
- Birth at home
- Higher Apgar scores at birth, an indicator of how well the baby is doing immediately after birth

Valuable care

- Midwifery models help the NHS use money and staff more effectively, prevent complications and reduce pressure on hospitals
- Antenatal continuity of midwife care generates savings during pregnancy and birth compared with other models of care
- Community-based care supports prevention of poor health, earlier intervention and more efficient use of NHS resources
- Continuity of care models support care in the community at the right time and place, improving clinical, financial and environmental outcomes.



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Better experiences and personalised care

Outcome of trusted, continuous relationships with midwives:

- reduces stress and increases women's engagement with care
- supports earlier prevention, detection and management of complications
- earlier identification of physical, emotional and social needs improving safety and care
- continuity within midwifery teams improves satisfaction, trust and women's experiences of labour and birth



Long-term impact on family health

- Continuity of midwifery care increases the likelihood of breastfeeding initiation
- Midwifery support reduces perinatal anxiety and depression
- Ongoing postnatal continuity improves maternal confidence, emotional wellbeing and the early parent-infant relationship.



Reducing health inequalities

Continuity of midwifery care in the community:

- improves outcomes for women with social risk factors and reduces inequalities
- reduce preterm birth and caesarean rates in deprived and diverse communities
- improves access, experiences and outcomes for Black women in the UK
- mitigates health disparities for vulnerable populations
- reduces disparities for women facing multiple disadvantages





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Published: May 2026

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