

## Matrona en directo: online consultations and childbirth classes

**LOCATION:** Jerez de la Frontera (Cádiz)

**DURATION:** 1'41"

**SUMMARY:** María Cantos is an experienced midwife who has worked in hospitals in Madrid and Jerez. She is the creator of Matronaendirecto.com, a site where she teaches childbirth classes and carries out individual follow up to pregnant women through video-conference. She claims that, this way, future mothers can solve their doubts instantly with no need to leave home.

### VTR:

She is called María, she is a midwife and is the middle of a consultation. It is an online consultation, through Skype. Reyes is on the other side.

### AMBIENCE

-“I was in pain last night several times. By now, it is bearable.”

-“As days go by, pain will become a little more intense.”

This is Matrona en Directo, the entrepreneurial project by this woman from Jerez. She offers online assistance to pregnant women to prepare them for childbirth.

**REYES GÓMEZ**  
User

*“Anytime, with no need to leave home. There’s nothing more comfortable than that.”*

**MARÍA CANTOS**  
Matronaendirecto.com

*“Pregnancy and childbirth are usually very scary situations for both parents. Why? Because they feel that something huge is coming.”*

As a complement of the assistance offered by the public health system, María offers consultations and individual follow-up, childbirth classes and constant support during pregnancy.

**MARÍA CANTOS**  
Matronaendirecto.com

*“If a mother sends me an email telling that she is worried, I will answer her within 24 hours. However, if I notice that she is really upset, I will ask her to connect to Skype and talk to me on the same day.”*

There are 24 midwives for every 100.000 women in Spain, although the average in countries which are part of the Organisation for Economic Cooperation and Development is 69. María offers assistance to women from all over Spain.

**REYES GÓMEZ**  
User

*“Everything I have learnt from María makes me feel more relaxed, safer, without fears.”*

When we were recording this report, Reyes was excited because she was about to finally meet her baby and relaxed because she felt ready... 48 hours later she gave birth. Everything was fine and, by the way, her baby’s name is David.

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