

# Seattle Birth Spaces for Every Family



Last Updated 7/31/2025

This is not medical advice. Please consult a doctor for any medical concerns. Insurance information is pulled from providers' websites, and I cannot guarantee that it's up to date. Please call/email providers to confirm they accept your insurance.

Currated by Lilac & Ivy Photography [www.lilacandivyphotography.com](http://www.lilacandivyphotography.com)

My own journey into motherhood began at **Swedish First Hill**, under the gentle and capable care of their midwifery team. I still remember the quiet strength of the room, the way the midwives held space for both intensity and tenderness, and how deeply supported I felt throughout the process. Giving birth there shaped not

only how I see my own body and story—it shaped how I serve other mothers through my work. That experience taught me that birth is not just medical—it’s emotional, primal, sacred. It deserves both respect and softness.

As a Seattle family photographer, I often work with new parents navigating those early, tender chapters. And I know firsthand that the place and people you choose to welcome your baby matter. This guide reflects that belief—a lovingly curated resource to help you find the birth team that makes you feel safe, seen, and strong.

## **Seattle Home Maternity Service & Childbirth Center**

- Location: Columbia City, Seattle
- Rating: 4.8/5 (Google, ThreeBestRated)
- Type: Freestanding Birth Center & Midwifery Practice
- Highlights: Cozy, home-like suites, deep tubs, water birth, VBAC support, long-standing staff
- Notes: Accepts Apple Health; highly personalized; decades of trust
- Feedback: Families say “supportive, present, and non-judgmental”; feels like “family” care
- *Accepts the following Insurance Plans:*
  - Blue Cross Blue Shield, CHPW, Cigna, DSHS/Medicaid, First Choice, Kaiser, Molina, Regence, Premera, United, Uniform Medical Plan

## **Rainy City Midwifery**

- Location: Seattle (births at Center for Birth & Seattle Home Maternity)
- Rating: 4.8/5 (Birdeye, Google)
- Type: Midwifery Practice
- Highlights: Holistic, trauma-informed, home and birth center options, hospital transfers when needed
- Feedback: “Life-changing,” “gentle, grounded,” and “empowered birth experiences”
- *Accepts the following Insurance Plans:*
  - most major insurance plans as well as Medicaid ( WA state Apple Health). For insurance questions, call 360-632-4435 or [send an email](#) to Ingrid Skjelsted

## **Puget Sound Birth Center**


- Location: Kirkland
- Rating: 4.8/5 (Google)
- Type: Freestanding Birth Center
- Highlights: Accredited, nitrous oxide, water birth, over 5,000 births
- Feedback: “Felt so seen and cared for,” “Beautiful rooms,” and “Respectful of autonomy”

- *Accepts the following insurance plans:*
  - All Apple Health plans (Molina, Amerigroup, Community Health, UHC Community Plan, Coordinated Care), Aetna, Ambetter, Blue Cross Blue Shield, CIGNA, Coordinated Care, First Choice Health, Kaiser Permanente, Premera, Regence, United Health Care

## Center for Birth

- Location: South Lake Union, Seattle
- Rating: 4.7–4.9/5 (Yelp, Google)
- Type: Freestanding Birth Center
- Highlights: Spacious suites, soaking tubs, shared midwifery model
- Feedback: “Sacred space,” “Felt safe and honored,” and “Everything I hoped for”
- *Does not list any accepted insurance plans, must email/call*

## Swedish Midwifery – First Hill

- Location: Seattle
- Rating: 4.6–4.7/5 (Google, Healthgrades)
- Type: Hospital-Based Midwifery
- Highlights: Private suites, tubs, access to NICU, doula-friendly
- Feedback: “Midwives were lovely,” “Labor nurses hit or miss,” “Would go back”
- *Insurance Providers Accepted:*
  - Independent Physician Organization (IPO/IPA) Network Delegations, Aetna, Asuris, Cigna, Community Health Plan, Coordinated Care, CorVel, Coventry, Employee Health Network, First Choice Health, First Health, Health Net, Health Smart, Humana, International Community Health Services, Kaiser, Labor and Industries, LifeWise, Medicaid, Medicare, Molina, Premera, Providence Health Plan/Providence Health Assurance, Regence, TRICARE, United Healthcare, Veteran's Affairs (VA), Wellcare Medicare Advantage, Wellpoint (Previously Amerigroup)  Insurance Plans Accepted by Swedish

## In Tandem Midwifery

- Location: Burien (births at Center for Birth, Seattle Home Maternity)
- Rating: ~4.6/5 (Anecdotal and referral-based)
- Type: Midwifery Practice
- Highlights: Home or center birth, evidence-based, individualized prenatal
- Feedback: “Balanced science and intuition,” “Zero pressure,” “Very grounding”
- Insurance Providers accepted:
  - Regence, Premera, Aetna, Lifewise, United Healthcare, Cigna, CHPW, Molina, and Provider One (Uniform Community Plan in process)

## Overlake Medical Center

- Location: Bellevue
- Rating: 4.6/5 (Google, U.S. News “High Performing in Maternity”)

- Type: Hospital & OB/GYN Clinic
- Highlights: Modern facility, continuity of care, low C-section rate
- Feedback: “Spa-like,” “Would absolutely return,” “Respectful of birth plan”
- Insurance Providers Accepted:
  - The list was way too long to type out, but [this is a document listing all accepted insurances for 2025](#)

## **Swedish Issaquah Hospital – Midwifery & Birth Center**

- Location: Issaquah
- Rating: 4.5/5
- Type: Hospital & Midwifery
- Highlights: Low intervention, beautiful rooms, on-site OB backup
- Feedback: “Smooth experience,” “Great for VBAC,” “Some postpartum delays”
- Insurance: Please see above listing for Swedish

## **Eastside Birth Center**

- Location: Bellevue
- Rating: 4.5/5
- Type: Freestanding Birth Center
- Highlights: Water birth, personalized care, small team
- Feedback: “Felt like home,” “Calming,” “Appreciated quiet environment”
- Insurance: website doesn’t mention it, please call/email for more information

## **Northshore Midwives & Lactation Consulting**

- Location: Bothell
- Rating: 4.5/5
- Type: Midwifery Practice
- Highlights: Birth center or home birth, built-in lactation support
- Feedback: “Warm and responsive,” “Great postpartum support,” “Loved the combo care”
- Insurance Accepted: Aetna, Amerigroup, Apple Health, Blue Shield Blue Cross, Cigna, Community Health Plan of Washington, Coordinated Care, DSHS/Medicaid, First Choice, Kaiser, Molina, Molina Market Place, Premera, Regence Blue Shield, United, Uniform Medical Plan

## **Federal Way Birth Center**

- Location: Federal Way
- Rating: 4.4/5
- Type: Freestanding Birth Center
- Highlights: BIPOC midwife-owned, culturally responsive, VBAC and water birth options
- Feedback: “Inclusive,” “So empowering for Black moms,” “Clean, calm, competent care”

- Insurance Accepted: Federal Way Birth Center is in network with most insurance companies, including State Apple Health Plans. Contact them for more details.

## **Wellspring Midwifery**

- Location: South King County / Seattle area
- Rating: ~4.3/5
- Type: Home & Birth Center Midwifery
- Highlights: Accepts Medicaid, personalized care
- Feedback: “Small and gentle team,” “Truly felt held,” “Communication can vary”
- Insurance Accepted: Aetna, Wellpoint (formerly Amerigroup), Ambetter, Apple Health, Blue Cross Blue Shield, Cigna, Community Health Plan of Washington, Coordinated Care, First Choice Health, HMA , Lifewise , Molina, Premera, Regence BlueShield, United Healthcare (private only, not Community Plan)

## **Virginia Mason Franciscan Health – Birth Centers**

- Location: Federal Way, Burien, Tacoma
- Rating: 4.3–4.5/5
- Type: Hospital-Based OB & Midwifery
- Highlights: Labor tubs, NICU access, doula-friendly
- Feedback: “Great for high-risk,” “Could feel impersonal,” “Flexible with birth plan”
- Insurance Accepted: the list is far too long but can be found [here](#)

## **EvergreenHealth – Midwifery & OB**

- Location: Kirkland
- Rating: 4.3/5 (Google)
- Type: Hospital + OB/GYN Clinic
- Highlights: Water birth, midwifery model, NICU
- Feedback: “Loved the midwives,” “Frustrating billing,” “Some staff amazing, some not”
- Insurance Accepted: also a very long list found [here](#)

Provider	Type	Location	Approx. Rating	Notables
<b>Seattle Home Maternity Service</b>	Birth Center + Midwife	Columbia City	4.8	Longstanding, Apple Health, homey suites
<b>Rainy City Midwifery</b>	Midwifery Practice	Seattle	4.8	Gentle, trauma-informed, flexible
<b>Puget Sound Birth Center</b>	Birth Center	Kirkland	4.8	Accredited, nitrous, water birth
<b>Center for Birth</b>	Birth Center	Seattle	4.7–4.9	Spacious suites, shared midwife model
<b>Swedish Midwifery – First Hill</b>	Hospital-Based Midwife	Seattle	4.6–4.7	NICU, tubs, great prenatal care
<b>In Tandem Midwifery</b>	Midwifery Practice	Burien	~4.6	Grounded, flexible, VBAC-friendly
<b>Overlake Medical Center</b>	Hospital + OB	Bellevue	4.6	Spa-like, modern, well-rated maternity unit
<b>Swedish Issaquah</b>	Hospital + Midwife	Issaquah	4.5	Beautiful birth suites, VBAC support
<b>Eastside Birth</b>	Birth Center	Bellevue	4.5	Intimate,

<b>Center</b>				calming, water birth
<b>Northshore Midwives</b>	Midwifery Practice	Bothell	4.5	Lactation support, flexible location
<b>Federal Way Birth Center</b>	Birth Center	Federal Way	4.4	BIPOC-led, inclusive, water birth
<b>Wellspring Midwifery</b>	Midwifery Practice	S. King County	~4.3	Medicaid-accepting, homey care
<b>Virginia Mason Birth Centers</b>	Hospital + OB/Midwife	Burien/Fed Way	~4.3–4.5	Culturally responsive, hospital-based
<b>EvergreenHealth – Midwifery/OB</b>	Hospital + Midwife	Kirkland	~4.3	NICU access, mixed feedback on staff