

# Choosing a Care Provider

## Questions to Consider



### Ask Yourself...

What model of care best fits my pregnancy, birth, and postpartum needs?

Where do I want to give birth?

What kind of relationship do I want with my provider?

What do I need to feel safe, comfortable, and calm during birth?



### Ask Your Care Provider...

- Where were you trained and when?
  - How many births have you attended?
  - What is your philosophy on birth and prenatal care?
  - Will you expect to be at my birth? Is there any chance someone else will attend?
  - Do you work with other doctors or midwives? Can I meet them?
  - Do you work with midwives?
  - How many women have an epidural, c-sections, and other interventions?
  - When is a c-section decided? When do you determine if an emergency c-section is necessary?
  - Will the practice allow a VBAC?
  - Can I eat and drink during labor?
  - Can I move around in labor?
  - Will I have to be under electronic fetal monitoring in bed? How often to you monitor?
  - Can I have a doula?
  - What kind of pain relief options are available?
  - Do you offer massage tools, water birth, etc. for pain relief?
  - What breastfeeding resources are available?
  - What happens if my baby is taken to the NICU?
- If you choose a midwife:
- Do you have a backup physician?
  - What conditions lead to a physician's referral?
  - Do you offer home birth or birth center birth?