



10 Questions to Ask Your Care Provider

- 1) Who/how many people can be present with me at my birth?
- 2) What happens during a normal labor and birth with you attending?
- 3) How do you respect differences in culture and beliefs?
- 4) Can I walk around during my labor? What position(s) do you suggest for my birth?
- 5) When the care provider team need to work together (midwife, doctor, nurses, doula, partner, etc), how do you make sure everything goes smoothly?
- 6) What things are routine procedures for a laboring woman under your care?
- 7) How do you help in making me as comfortable as possible?
- 8) What if my baby is born early or has problems?
- 9) Do you circumcise?
- 10) How do you help mothers who have a desire to breastfeed?