

Questions to ask your Midwife

Use these questions to start open communication and build your confidence when talking with your healthcare providers. Self-advocacy and trust are important tools in addressing systemic racism and implicit bias.

Midwife Experience:

- How many years have you been practicing?
- How many babies do you delivery on average yearly?
- Where did you receive certification?
- Do you take CE (continuing education) classes?
- Are you state licensed?
- Are you a member of any associations for midwives?

Midwife Appointments:

- How often will I have appointments scheduled?
- What will happen during each appointment?
- What type of payment plan do you offer and what do your fees include?
- Can I bring a family member(s) to my appointments?
- Are you on punctual with appointment times or is there usually a wait?

Medical Requirements

- Do you have/use a fetoscope?
- Do you require the use of dopplers?
- Do you require an ultrasound and/or vaginal exams?
- Do you require the gestational diabetes test? Is there any alternative to the Glucola drink?
- Do you test for GBS+? What is the course of treatment if a mom is positive?
- Do you recommend vaccines for pregnant women?
- Medical Interventions:
 - How long after my due date do you allow women to go?
 - At what point do your patients/clients become too high risk to work with?
 - Which physicians are you affiliated with in case of transfer of care because too high risk? Do you have personal relationships with them?
 - What percent of your patients end up with an epidural? With a Caesarean? With a forceps or vacuum extraction delivery?

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Birth Experience:

- Do you offer home and/or water births?
- Do you do VBACs? What is your success rate like?
- Do you allow delayed cord clamping? How about delayed bathing?
- What do you typically recommend for pain management during labor?
- Do you encourage pregnant moms to use doulas? Or get chiropractor care?
- What does the 1st hour after birth look like? Do you encourage skin-to-skin contact with baby and mom?
- Do you encourage moms to breastfeed? Do you know what a proper latch looks like and best positions for newborns? Do you have lactation consultants you recommend?
- What is your postpartum care plan for myself? Baby?

Emergency Situations:

- Have you completed training in neonatal resuscitation?
- How do you handle situations when the baby is breech during labor?
- Which hospital(s) are you approved for working in case of an emergency?
- Do you have experience with postpartum hemorrhage, shoulder dystocia, breech baby or cord prolapse?

Personal Character:

- Do you have children yourself? Did you use a midwife during your own deliveries?
- Are you a good decision maker?
- Why should I choose you to deliver my newborn? What sets you apart?
- What is your style or bedside manner?

Miscellaneous:

- Have you ever lost a baby or mother during a delivery?
- Do you have any vacation/trips planned during the month of my due date?
- What was the most successful birthing experience you were involved in?



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