

# IMPORTANT QUESTIONS TO ASK BEFORE CHOOSING YOUR CAREGIVER

Choosing a model of care and a medical caregiver is one of the most important decisions that you will make when it comes to preparing for a positive birth.

Many women and partners don't know that you actually do have a right to choose a medical caregiver who is going to support you and your preferences not just settle for the caregiver who your GP refers you to.

It is because of this reason above that I have created this downloadable PDF so that you can print it out and take it with you so you remember to ask these important questions when **Interviewing** a potential Midwife, Doctor, Obstetrician or even Doula.

By asking these following questions then you can ensure that you are making the right choice for you and your baby.

## Question 1:

**We would like to prepare for a Natural Birth. Do you support natural birth and natural birthing techniques to be used during labour?**

If a caregiver believes that you are engaging with them so that they can manage you and your labour then this is not a caregiver who is supportive of natural birth and I would recommend you keep looking for one who does support natural birth and not managed birth

## Question 2:

**What are your belief's about birth?**

The kind of answer you will want to hear to this question is something along the lines of -"I believe that birth is a normal physiological function of the body and only if I see a complication arising will I then step in to help you.

## Question 3:

**What is your Caesarean Rate & Induction Rate?**

This question will tell you a lot about a caregiver and if they are supportive of Natural Birth. If a Caregiver or Hospital have a very High Caesarean or Induction rate then this a BIG RED FLAG as this may mean they are more about labour and birth management they way they want it and to stay within their policies.

#### Question 4:

What are your thoughts around a birth plan? How much will you consider my preferences before offering medical intervention?

When sharing your birth preferences with your caregiver you want to ensure that they are going to respect your wishes and what you want for your birth even if it doesn't line up with hospital policies. You want a caregiver who will support and even encourage you to try alternatives before turning to medical intervention

#### Question 5:

What are the common reasons why you would induce labour?

All hospital's are even individual OB's have different policy's around when and why they would want to medically induce labour if you go over your Estimated Due Date. It is important that you know where each hospital and OB stand with their beliefs around what is an acceptable time to induce labour as it can range anywhere from 39 weeks - 42 weeks.

#### Question 6:

What are your thoughts on continual fetal monitoring?

The same as above I have found that all Hospitals and OB's have different preferences when it comes to continual fetal monitoring. It's important that if there is no medical reason for being continually monitored that they use mobile monitors.

#### Question 7:

What position do most of your mothers birth in? Do you support active birth positions or do you expect me to birth on a bed on my back?

I would encourage you to open up this discussion to ensure that the caregiver you are interviewing will support you in the positions that you feel most comfortable in.

### Question 8:

Do you support a natural physiological 3rd stage of birthing my placenta without a syntocin shot?

It has become common practice that most hospitals and medical caregivers automatically give you a shot of Syntocin/Pitocin for a active management of birthing your placenta. They should be discussing this with you before the birth so I highly recommend you do your research and open up this discussion as to the benefits and also the risks of both.

### Question 9:

When are your planned holidays for the year as I want to ensure that if I engage you as my caregiver that you will be there for my birth. Also who is your back up and am I also able to meet them

There seems to be a rise of caregivers who take women on and then plan holidays so then put pressure on women to have either an induction or caesarean before they go away. You want to ensure that if you are due around public holidays or the festive season that this will not happen to you.

### Question 10:

What are your thoughts around delayed cord clamping and immediate skin to skin after birth?

Most hospitals now do support delayed cord clamping and immediate skin to skin but this is still an important question to ask.

### Question 11:

In the case an Emergency Caesarean is required do you support delayed cord clamping and immediate skin to skin?

Some OB's are very much for the above and some are very much against the above question so this is definitely one you will also want to ask.