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QUESTIONS TO ASK WHEN INTERVIEWING A BIRTH PROVIDER

A QUESTIONNAIRE GUIDE BY

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Use this checklist to guide your interviews with potential birth providers. Remember to personalize these questions to best suit your specific needs and preferences.

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Understanding Their Approach to Birth

- What are your qualifications and certifications?
- How many years of experience do you have as a birth provider?
- How many births have you attended?
- What is your approach to continuing education and staying updated on best practices?
- What is your favorite pushing position?
- When was the last time you attended a birth with zero interventions?

Understanding Their Approach to Birth

- How do you view the birth process overall?
- How many years have you been working in childbirth care?
- Approximately how many births have you attended?

Views on Pain Management and Birth Preferences

- How will you support me if I choose to go unmedicated?
- How many of your patients have unmedicated births each month?
- What portion of the births you attend happen without medication?
- How often do your patients choose an epidural?
- How will evaluate my labor progress if I want few cervical exams?
- If I want to labor at home as long as possible, how do you feel about that?
- How will you support me if I choose to birth upright?
- What tools are available to help facilitate birth without an epidural?

Working with Other Birth Professionals

- How do you feel about the role of doulas in labor and birth?

Cesarean Section and Birth Interventions

- What is your rate of primary cesareans (first-time moms)?
- What is your overall cesarean rate?
- Under what circumstances do you recommend a C-section?
- How do you feel about VBACs in general?
- How many VBACs have you attended in the past year?
- What is your personal VBAC success rate?

Labor & Delivery Policies

- At which hospitals are you able to deliver?
- Is it standard for you to use IV access during labor?
- Do you require constant fetal monitoring throughout labor?
- Do you expect mothers to remain in bed during labor?
- Do you routinely perform episiotomies?
- Do you use a vacuum or forceps to assist with delivery?
- Do you typically administer Pitocin after birth?
- Are moms allowed to eat or drink while in labor?
- How frequently do you perform vaginal exams during labor?
- Is there a time limit for how long labor can take after the water breaks?

Uncommon or Special Situations

- How do you handle breech babies?
- Are certain tests mandatory in your care?
- Do you provide alternatives to standard testing (such as alternatives to the glucose drink for gestational diabetes)?
- How many ultrasounds do you recommend, and at what points in pregnancy?
- What are your recommendations on vaccinations during pregnancy?

Overdue Pregnancy and Birth Planning

- How do you define "overdue"?
- Do you require additional testing if I go past my due date?
- Are you open to having a birth photographer present?

Group B Strep (GBS) and Birth Size Concerns

- Do you require GBS testing?
- If I test positive for GBS, is treatment mandatory?
- What's your approach when there's concern about a larger-than-average baby?

Availability and Follow-Up Care

- What happens if you're not available when labor starts?
- What kind of care do you offer after the baby is born?
- How often will I see you postpartum?
- Do you support breastfeeding? If not, do you have a lactation specialist available?

Availability and Follow-Up Care

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- Do you have experience identifying and supporting those with postpartum depression?

Views on Birth Practices

- What's your stance on breaking the water artificially?
- Do you allow for delayed cord clamping?
- Do you actively manage the delivery of the placenta, or let it happen naturally?
- Will there be students or trainees present during my care?
- What makes you different from other care providers?

Additional Questions for Home Birth Midwives

Training, Experience, and Services

- What is your philosophy of care during pregnancy and birth?
- What type of training did you complete?
- Are you licensed or certified?
- How many births have you attended?
- What services are included in your care package?
- What are your fees?
- What conditions might cause me to no longer qualify for a home birth with you?

Home Birth Logistics

- Do you provide in-home prenatal or postpartum visits?
- How many clients do you take on each month?
- What do you use to monitor the baby's heart (fetoscope or Doppler)?
- How often do you transfer laboring clients to a hospital?
- What is your protocol in the event of an emergency transfer?
- What equipment and supplies do you bring to a birth?
- Do you carry medications for emergencies? Are you certified in Neonatal Resuscitation?
- Do you collaborate with a physician? What is that relationship like?
- Do you support water births? If so, do you provide or rent birthing tubs?
- Who will be assisting you at the birth?
- If more than one client is in labor at the same time, or if an emergency arises, what's your backup plan?
- How do you communicate with clients during pregnancy and labor?

Questions to Ask Yourself After the Interview

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- Do I feel a sense of trust and confidence in this provider?
 - Did they speak to me respectfully and clearly?
 - Did the conversation feel rushed or dismissive?
 - Does this provider seem to respect my choices and intuition?
 - What was my overall gut feeling after the interview?
 - If my partner was present, how did they feel about the provider?
 - Was the office environment clean, calm, and welcoming?
 - Did the staff treat me kindly and professionally?
 - Was there a long wait time?
 - Do they accept my insurance (if relevant)?
 - Does the hospital or birthing center they work with accept my insurance?
 - What are the pros and cons of choosing this provider?
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Questions to Ask the Holy Spirit

- Holy Spirit, what do You want to say about the providers I've interviewed?
- Is this the provider You have prepared for me and my baby?
- Does this choice align with Your will for my life and health?
- Who are You leading me to choose as a birth provider for this pregnancy?
- Is there anything I haven't considered that You want to highlight to me?
- Is there anything I'm not seeing that You want to reveal to me about this provider or facility?
- Holy Spirit, am I being led by fear, convenience, or Your Spirit?
- Holy Spirit, are there any further questions I need to ask the provider or facility?

Disclaimer: This checklist is for informational purposes only and should not be considered medical advice. Always consult with qualified healthcare professionals for personalized guidance.

Notes and Impressions

Use this space to record your overall impressions, gut feelings, and any additional notes about the provider after the interview.

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