



QUESTIONS TO ASK YOUR BIRTH TEAM

WHAT TYPE OF BIRTH TEAM ARE YOU INTERESTED IN WORKING WITH? (Doctor, midwife, unlicensed midwife, traditional birth attendant etc)

QUESTIONS TO ASK TO YOUR BIRTH TEAM

How long can I labour at home before I would need to transfer to the hospital?

Are you okay with no vaginal exams?

Do you have a limit on how long you wait for the placenta to be born?

Say my waters are released, is there a limit on how long we wait for the contractions to start?

Is there a limit on how long I can push?

What about meconium? If that is present in my waters, what would happen then?

Are you okay with breech or back to back presentation?

Are you comfortable with no ultrasounds?

I want to be totally undisturbed for the first hour after baby is born meaning no weighing etc is that okay with you?

Do you suture? How often?

What are your C-section and episiotomy rates?



QUESTIONS TO ASK YOUR BIRTH TEAM

What are your transfer rates to the hospital? (For birth centre and home births)

If doing vaginal exams... How much progress do you like to be see and over what time period?

I don't want to be offered any pain medication. Are you and your team okay with this?

What would happen if I go over 40 weeks?

I wish for my baby to take vitamin K orally not the injection. Are you okay with this?

I want to birth my placenta myself with no Pitocin or management. I don't want anyone pulling on the cord except me. Are you okay with this?

What equipment will you take to the home birth?

How long do I need to stay at the hospital? I wish to leave a few hours after baby is born. Is this okay?

I want to take home my placenta. What is the birth centre/hospital policy around this?



BIRTH TEAM ASSESSMENT

**DO YOU FEEL COMFORTABLE WITH THE BIRTH TEAM?
SHARE YOUR THOUGHTS BELOW:**

**IF YOU DON'T FEEL THEY ARE A GOOD FIT, WHO ELSE CAN
YOU INTERVIEW?**