



# Finding your *pregnancy team*

Choosing the right care team for your pregnancy and labor is important. This guide will help you find a provider best suited to you, choose your support person, and reflect on your visits. Use the questions and checklists on the following pages to make sure you feel safe, heard and supported throughout your journey to becoming a parent.



## Provider checklist

To make sure your provider meets your needs and is a good fit, use these questions as a starting point and, if needed, adapt them to better fit your preferences. It's all about putting your comfort and safety first.

### Provider office

- What is your specialty? OB/GYN, certified nurse-midwife or family medicine?
- Do you work with certified nurse-midwives? Or just nurse-midwives?
- Are there other doctors in the office?
- Do you take my insurance?
- Is this a private or group office?
- Who will deliver my baby?
- Who is the on-call when the doctor is not here?
- Do you have weekend appointments or an after-hours call line?
- What hospitals do you deliver at?



## Provider

- How long have you been a doctor, and how many births have you attended?
- What is your C-section rate?
- Do you perform VBACs (vaginal birth after C-section)? What is your success rate?
- What can I expect from your care?
- What can I expect from our visits?

## Overall experience

- What is your prenatal schedule? How many ultrasounds will I have? What happens during these visits? How long are the visits?
- How do you respect birth plans? Do you work with doulas or other support people if I want them?
- If I have my baby early, can the hospital care for a preterm baby?
- What is your experience with caring for women who are of color, older, have health concerns and/or have a complicated medical history?

## Reflection questions following your visits

- Was the office clean? Was the staff friendly and helpful?
- Is the office in a good location? Is the hospital easy for you to get to?
- Did you feel comfortable with the provider's communication and bedside manner?
- Did the provider listen to your concerns and answer all your questions? Did you feel rushed or unheard?
- Did the provider's views on pregnancy and childbirth match your own?
- Do you believe this person will make sure your needs are heard? Do you feel strong and confident around this person?
- Can you be open and honest with this person about your feelings?
- Do you feel as though the provider will follow your birth plan as long as it's medically safe?

## Support person checklist

We've included a list of questions below to help you identify a support person. Your support person is an individual who will be by your side during labor and delivery, and who will closely help you throughout your pregnancy. This might be your partner, family member, a friend or doula.

- Have you been open with the person before?  
Did you feel safe and heard?
- Is your partner the right person for the job?
- Would you prefer support from an experienced mom?
- Would you prefer support from a doula?
- How many people are allowed in the birth room? Who are you comfortable with?
- What is the support person's experience and knowledge? (If this is your first birth, you may want someone who knows more about labor.)
- Can you trust that they will follow your birth plan if you make one?
- Can you freely share your expectations, wants and concerns with this person?
- Will this person be there during the whole labor and delivery?
- Will they communicate with family and friends during labor and after the baby is born?
- Will they be available for the birth?  
(The baby may come at any time.)

