



Essential Birth Questions | www.MarabouMama.com

Care Provider and Birth Team:

- What are your qualifications and experience with birth?
- What is your approach to prenatal care and childbirth?
- What particular philosophies or practices guide your care?
- When will I meet the other members of the birth team?
- How do you handle unexpected situations during labor?

Prenatal Care:

- Which standard prenatal screenings do you recommend?
- How often will I have appointments, and what will be discussed or checked at each visit?
- What should I do if I have concerns or questions between appointments?

Communication and Decision-Making:

- How will we communicate during labor and delivery?
- How do you involve me in decision-making and respect my preferences?
- What are the best ways to reach you should any urgent questions or concerns arise?

Birth Plan and Preferences:

- How flexible are you with my birth plan/preferences?
- What is your policy on pain management and pain relief options?
- What procedures or interventions do you commonly use, how do you approach them?
- How do you support laboring positions and movement?
- What are your views on support persons and doulas during labor?

Birthing Process

- In what cases do you break the water?
- What are your views on episiotomies versus natural tearing?
- Active management or physiological management for placenta delivery?

Postpartum Care:

- What kind of postpartum care and support do you offer and recommend?
- How do you address postpartum mood disorders and mental health?
- What resources or referrals do you provide for breastfeeding support, parenting, or other needs?

Hospital or Birth Center Policies (where applicable):

- What are the hospital/birth center's policies on visitors and support persons?
- How does the facility handle situations like a prolonged labor or emergency C-section?
- What are the procedures for immediate skin-to-skin contact, delayed cord clamping and testing?
- What is the protocol for breastfeeding support and lactation consultations?



If your care provider dismisses your questions/concerns, or acts defensively, or aggravated - sis, that's a RED flag.