

# Questions for Midwives

Here is a list of questions to ask when interviewing a midwife:

1. How long have you been practicing?
2. How many births have you attended?
3. What are your credentials?
4. What is your general philosophy on pregnancy/birth/postpartum
5. What kind of support do you offer during labor? Do you act as a doula or should I consider hiring one?
6. What is your hospital transfer rate?
7. Have you lost any mothers or babies? If yes, what happened?
8. What is your protocol if there are complications during labor?
9. What is your protocol if there are complications during pregnancy?
10. What is your fee and how do you prefer to be paid? Do you accept insurance?
11. What is included in your services?
12. What would postpartum care look like?
13. Do you do home visits postpartum?
14. Do you give breastfeeding support?
15. Do you offer support with nutrition and supplements?
16. What emergency equipment do you bring to a birth?
17. What is the protocol for a breech baby? Have you assisted in births where a baby is born breech?
18. What screenings and tests do you recommend?
19. What is your view on VBAC's?
20. What is your VBAC success rate?
21. How do you deal with potential birth emergencies? (hemorrhaging, shoulder dystocia, nuchal cord, partial placenta delivery)
22. What is your philosophy on due date and what is the protocol if I were to approach 42 weeks?
23. What is your approach on placenta delivery?
24. What are your feelings on delayed cord clamping?
25. What newborn care do you provide?
26. Do you offer placenta encapsulation?

Questions to ask yourself after meeting with a potential midwife/HCP

1. Did they make you feel comfortable?
2. Did they make you feel loved and safe?
3. Do you feel you can trust them to be honest and provide the best care for you and your baby?
4. What is your intuition telling you?