



MotheRetreat

Prenatal and postpartum programs

IMPORTANT QUESTIONS FOR YOUR CARE PROVIDER

1. What is your view of birth? How do the births you attend usually end?
2. What is your cesarean rate? What is the hospital average?
3. Do you perform gentle cesareans?
4. When/why do you use vacuum/forceps?
5. If I don't go into labor on my own, when do you usually schedule an induction within your practice?
6. If I think my amniotic sac is broken before labor starts, what do you suggest?
7. What are your views on freedom of movement during early/active labor? (walk around, shower, use birth ball, etc)
8. Does the hospital you work at have wireless monitoring? Do you use intermittent monitoring?
9. What is your opinion on episiotomies vs natural tearing?
10. What are your views on pain management during birth?
11. How do you handle a stalled labor? What do you consider a stalled labor?
12. At what point do you recommend a cesarean?
13. In what cases do you break the water?
15. What is your opinion on delayed cord clamping?
16. What do you think about uninterrupted skin-to-skin for mother and baby immediately after birth and for one hour.
17. What birthing positions do you support for the pushing phase (on all fours)?
18. Active management or physiological management for placenta delivery?
19. Do I need Pitocin after delivery?

If your care provider acts defensively, aggravated, or dismisses your questions/concerns, this is a red flag.



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