

50 Questions You Can Ask Your Midwife

A free list of questions brought to you by holisticmidwiferyny.net.

As an expectant mother seeking the guidance of a midwife, it's crucial to find the right professional to support you throughout your pregnancy and childbirth journey.

To help you make an informed decision, here are 50 important questions to ask your potential midwife, along with the reasoning behind each question and why each question is important:

- What are your qualifications and experience in midwifery? Understanding your midwife's educational background and professional experience is essential to ensure they possess the knowledge and skills necessary to guide you through your pregnancy and delivery.
- How many births have you attended, and what is your delivery success rate? This question provides insight into the midwife's experience and competence, offering a clearer picture of their ability to handle various birth situations.
- Are you licensed and insured? Licensing and insurance are crucial for legal and ethical reasons, and they demonstrate the midwife's commitment to professional standards.
- What is your philosophy on pregnancy and childbirth? Understanding your midwife's perspective on pregnancy and childbirth helps determine if their approach aligns with your preferences and values.
- Can you provide references from past clients? Speaking with former clients offers a firsthand account of the midwife's services, allowing you to gauge their professionalism, expertise, and compatibility.
- What prenatal care services do you provide? Discussing the range of prenatal care services ensures the midwife can meet your specific needs throughout pregnancy.
- How do you monitor the baby's and mother's wellbeing during pregnancy? Asking about monitoring practices highlights the midwife's commitment to proactive care and risk assessment.
- How do you handle high-risk pregnancies or complications? Understanding the midwife's approach to high-risk pregnancies and potential complications can help you evaluate their ability to manage unexpected challenges during pregnancy and childbirth.

- What is your availability during my due date window, and how can I contact you? Clarifying your midwife's availability during your expected delivery period ensures they can support you when needed, while also discussing communication methods for emergencies and non-urgent concerns.
- Will you be the one attending my birth, or could someone else from your practice be present? Knowing who will be present during your delivery is important for establishing trust and rapport with the individual responsible for your care.
- What is your approach to pain management during labor? Discussing pain management options and your midwife's stance on interventions will help determine if their approach aligns with your preferences.
- How do you support mothers who desire a physiologic birth? If a physiologic birth is your goal, understanding the midwife's experience and philosophy regarding this option can help ensure they will advocate for your wishes.
- What is your experience with VBAC (Vaginal Birth After Cesarean)? If you're considering a VBAC, it's crucial to find a midwife with relevant experience and knowledge to support you through the process.
- What is your policy on post-term pregnancies and inductions? Understanding the midwife's approach to managing post-term pregnancies and inductions can help you make informed decisions should your pregnancy extend beyond your due date.
- What is your experience in handling medical emergencies and when do you transfer care to a hospital? Assessing the midwife's expertise in managing emergencies and their protocol for transferring care to a hospital is crucial for ensuring a prompt response to any unexpected situations during labor and delivery.
- What types of monitoring do you use during labor? Discussing labor monitoring methods allows you to understand how the midwife assesses the well-being of both mother and baby during the birthing process.
- What is your position on the use of medical interventions during labor and delivery? Understanding the midwife's perspective on medical interventions will help you evaluate if their approach aligns with your preferences and beliefs.
- How do you support breastfeeding, and can you provide lactation consultation? If you plan to breastfeed, discussing your midwife's experience with lactation support and consultation can help ensure they are equipped to assist you after birth.
- What postpartum care services do you provide? Inquiring about the range of postpartum care services will help ensure the midwife can meet your needs during your recovery period.

- How long will you stay with me after the birth? Clarifying the midwife's post-birth availability helps you understand the level of support you can expect during the critical hours after delivery.
- How do you handle newborn care and assessments? Knowing how the midwife addresses newborn care and assessments ensures that your baby's health is prioritized after birth.
- What is your policy on involving family members and support persons during prenatal appointments, labor, and birth? Discussing the midwife's approach to involving your support system can help create a comfortable and inclusive environment for your pregnancy and childbirth experience.
- Do you provide assistance with creating a birth plan? A midwife who offers guidance in developing a personalized birth plan can help ensure your preferences and wishes are respected during labor and delivery.
- How do you collaborate with other healthcare providers (e.g., obstetricians, pediatricians, doulas)? Understanding the midwife's approach to collaboration with other healthcare providers is essential for ensuring comprehensive and well-coordinated care throughout your pregnancy and postpartum period.
- What are your fees, and what do they include? Are payment plans available? Discussing the midwife's fees, the services included, and potential payment plans will help you assess the financial aspects of their care.
- Do you accept insurance, and can you provide assistance with claims? Determining if the midwife accepts insurance and offers support with the claims process can help alleviate potential financial burdens.
- What is your policy on prenatal testing and screenings? Understanding the midwife's approach to prenatal testing and screenings allows you to make informed decisions regarding your pregnancy care.
- How do you handle Group B Strep (GBS) testing and treatment? Inquiring about GBS testing and treatment protocols ensures that the midwife follows evidence-based practices to minimize the risk of infection during delivery.
- What are your recommendations for maintaining a healthy pregnancy through nutrition and exercise? Discussing the midwife's guidance on nutrition and exercise can help you develop a healthy lifestyle that supports your pregnancy.
- Do you offer childbirth education classes or recommend any in the community? Childbirth education classes can help prepare you for labor and delivery, so it is important to know if your midwife offers them or can recommend reputable options in your area.
- How do you address common pregnancy concerns such as morning sickness, heartburn, or back pain? Understanding your midwife's approach to managing

common pregnancy symptoms can help ensure you receive appropriate care and support throughout your pregnancy.

- What is your policy on the use of electronic devices during labor (e.g., smartphones, cameras, music)? Discussing the midwife's policy on electronic devices during labor helps you understand any restrictions or guidelines in place to maintain a comfortable birthing environment.
- How do you handle postpartum depression screening and support? Asking about postpartum depression screening and support services can help ensure your emotional well-being is prioritized after birth.
- What is your policy on vaccinations for newborns? Understanding the midwife's stance on vaccinations can help you make informed decisions regarding your baby's healthcare.
- How do you support and educate parents on infant sleep and safe sleep practices? Discussing your midwife's approach to infant sleep and safe sleep practices can help ensure you are well-informed and prepared to care for your baby.
- What is your policy on circumcision, and do you perform the procedure if desired? Understanding the midwife's position on circumcision and their ability to perform the procedure can help you make informed decisions about your baby's care.
- Do you offer support and resources for sibling preparation and adjustment? If you have older children, discussing sibling preparation and adjustment resources can help you facilitate a smoother transition for your family.
- How do you address concerns about labor progression and the possibility of a stalled labor? Understanding the midwife's approach to managing labor progression and stalled labor can help alleviate anxiety and ensure you receive appropriate care during labor.
- What is your policy on delayed cord clamping and cord blood banking? Discussing the midwife's stance on delayed cord clamping and cord blood banking can help you make informed decisions about your baby's immediate post-birth care.
- Do you provide support for water birth, and what is your experience with this method? If you're considering a water birth, understanding your midwife's experience and ability to support this option is crucial.
- What is your policy on routine newborn procedures (e.g., eye ointment, vitamin K injection, newborn screening)? Discussing the midwife's approach to routine newborn procedures helps ensure that your preferences are respected and that your baby receives evidence-based care.
- How do you address perineal support and the potential of laceration in need of suturing? Understanding the midwife's approach to perineal support and

lacerations can help you make informed decisions about your care during labor and delivery.

- What is your policy on skin-to-skin contact immediately after birth? Discussing the midwife's stance on skin-to-skin contact can help ensure a positive bonding experience between you and your baby after birth.
- How do you handle situations requiring neonatal resuscitation? Inquiring about the midwife's experience and protocols for neonatal resuscitation can help ensure your baby receives prompt care if necessary.
- What resources do you provide for coping with the emotional and physical changes during pregnancy and postpartum? Understanding the midwife's approach to addressing emotional and physical changes can help ensure you receive comprehensive support throughout your pregnancy and postpartum period.
- What is your policy on home visits during pregnancy and postpartum? Discussing the midwife's availability for home visits can help you understand the extent of their support during your pregnancy and recovery.
- Do you have a backup midwife, and what is their experience and approach to care? Knowing the qualifications and approach of a potential backup midwife can help you feel confident in the continuity of care should your primary midwife be unavailable.
- How do you handle postpartum hemorrhage and other post-birth complications? Understanding the midwife's expertise and protocols for managing postpartum complications is essential for ensuring prompt and appropriate care.
- What is your policy on returning to work after birth, and can you provide support and resources for this transition? Discussing the midwife's stance on returning to work and their ability to support you during this transition can help you make informed decisions about balancing work and family life.
- Can you provide resources and recommendations for pediatric care after birth? Inquiring about pediatric care resources can help you establish a support network for your baby's ongoing healthcare needs.

By asking these 50 questions, you'll gain a thorough understanding of a prospective midwife's experience, philosophy, and approach to care. This information is invaluable in helping you make an informed decision when choosing the right midwife to guide and support you during your pregnancy, childbirth, and beyond.

If you're in the New York City or Long Island areas and are considering home birth, please reach out to the excellent team of midwives at [Holistic Midwifery New York](#) to see if we can help.