



10 Questions to Ask Your Doctor or Midwife

Brave
Journey 



Welcome

Hi! I'm Cara Lee. I've had the opportunity to work with hundreds of pregnant families as a Birth Doula, Childbirth Educator, and Prenatal Yoga Teacher. I founded Brave Journey to be inclusive & intentional childbirth education, tools, & support to help you bravely navigate birth your own unique way.

Here, you'll learn 10 questions you can ask your doctor or midwife to ensure they are the person you want helping you birth your baby.

All my best to you on your brave journey!

Cara Lee

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A note

There are no "right" answers to these questions. The purposes of these questions are:

- To learn how respectfully the Doctor or Midwife responds to your concerns.
- To ensure that your care providers answers are in alignment with your own values and perspectives about birth.



If your medical care provider gives you answers that are not in alignment with your own values, or if your medical care provider becomes defensive or dismissive of your questions: your relationship with your care provider needs work. Begin collaborating with your care provider on your birth preferences NOW, or if possible, find another care provider.

I cannot overstate the influence your medical care provider and birth facility will have on your birth. Ensure your Doctor or Midwife are exactly who you want caring for you as you bravely birth your baby, your own way.

10 Questions



Ensure your OB or Midwife is exactly who you want caring for you as you bravely birth your baby.

- What are your beliefs and philosophies about birth?
- What's your cesarean rate? When do you typically recommend one?
- How much choice do you think I should have in the decision-making process?
- What family-centered cesarean practices are available?
- What are your thoughts on pain management during labor?
- How do you typically manage the third (pushing) stage of labor?
- What routine practices do you or the facility require? (IV, monitoring, etc.)
- How do you address and heal from the traumas you encounter in your work?
- When do you typically recommend induction?
- Who is your back up, and will I get to meet them?