

6

S upport

I nduction

M ovement

P ositions

L actation support

E ating & episiotomy

Q uestions

To help you find the right care provider.

Does this care provider support safe and healthy birth?

It is important to surround yourself with like-minded people during pregnancy, birth, and motherhood. Knowing how you personally feel about each issue, can help you develop a team that will support you into motherhood. Before you interview a care provider, ask yourself the following questions.

- ? What support people do I want with me during labor and birth?
- ? How do I feel about being induced? Under what circumstances would I agree to induction?
- ? How do I feel about having time limits for how long my pregnancy will last, how long I can labor, and how long I can push?
- ? How do I feel about having the freedom to move around during labor and birth? Do I want to labor in bed or move around?
- ? Do I have support lined up if I have breastfeeding issues?
- ? Do I want to eat and drink during labor or do I want an IV for fluids during labor?
- ? Do I want an episiotomy? Would I rather tear? Do I want to practice measures to prevent and minimize tearing?

Talk to your support people as well. Ask them how they feel about your answers. If any of your support people have any issues with your answers then you may need to educate them on the reasons for your choices. Having your support people attend Lamaze childbirth classes along with you will help to educate them on the options.

6 S.I.M.P.L.E. Questions to ask a care provider: Support, Induction, Moving, Positions, Lactation Support, Eating & Episiotomy

These questions are "open" questions rather than yes/no questions or "demands". Open questions are harder to avoid and can assist you in creating a dialog about each issue. These questions can help to bring up any differences that may need to be explored with a care provider, and can open up the discussion of alternatives that would be available.

These questions support the [6 Lamaze Healthy Birth Practices](http://injoyvideos.com/mothersadvocate/pdf/healthybirth_booklet.pdf). (Read more about these at: http://injoyvideos.com/mothersadvocate/pdf/healthybirth_booklet.pdf)

#1 Support

How do you feel about me having (my husband, partner, mother, doula, friend) with me at all times during labor and birth?

This question helps you identify your care provider's feelings on having your choice of people providing "[continuous labor support](#)".

#2 Induction

In what situations do you recommend induction?

This question helps you determine if there will be time limits in your pregnancy. It will help you determine if your doctor/midwife allows "[labor to begin on its own](#)". Research and medical guidelines

state that women should not be induced unless medically necessary. Knowing how your care provider feels about this can help you determine the sorts of circumstances he/she would recommend inducing labor. A followup question could be - [What if my water breaks before I go into labor, what time limits will there be?](#) When the common occurrence of leaking membranes occurs before labor starts you could suddenly discover that your caregiver has you on the clock through the rest of labor.

#3 Moving

How would you feel if I wanted to move around the room/facility and have only intermittent monitoring during labor?

This question helps identify if there will be restrictions on mobility and monitoring. It will help you determine if you will have "[freedom of movement throughout labor](#)". Many hospitals have policies on this and only a doctor can override it with their orders. In order not to be "tied" to the bed a woman needs to be only intermittently monitored as long as baby is doing well.

#4 Positions

How would you feel if I wanted to try different positions on and off the bed for birth/pushing?

This questions will help you identify if your care provider is open to you trying "[non-supine positions for birth](#)". This will help give you an understanding of his perspective on mobility during labor and to see if he/she has any restrictions on birth positions.

#5 Lactation Support

How would you feel if I wanted to have my baby with me at all times?

This question opens a dialog about hospital policies and care provider support of "[no separation of mother and baby after birth](#)." You may need to follow up with questions regarding where baby is weighed and bathed to see if your hospital allows these to be done in your room and in your presence. Rooming in and unlimited access to your baby are important factors in the success of breastfeeding. Also, check to see if lactation support is offered and what their hours are. If services are not available it is a good idea to make contact with a private practice consultant or La Leche League Leader during pregnancy.

#6 Eating & Episiotomy

How do you feel about me eating and drinking during labor?

How often do you do episiotomies?

These questions help you determine if your care provider supports the philosophy of "[no routine interventions](#)."

Sometimes care providers of hospitals will have a policy of "no food or fluids" by mouth or will allow ice chips only. However, the research and evidence eating and drinking during labor is safe and healthy for both mom and baby.

Providers that do not regularly practice episiotomies often use upright birthing positions and support of the perineum during birth to help prevent trauma to the pelvic floor.