

# Interviewing a Home Birth Midwife

These questions can help you interview midwives to create the birth team that best meets your needs. Bring this checklist along with you, and add your Q's own , too.

## EXPERIENCE / BACKGROUND

- What is your training and experience? Do you have a credential, certification, or license? Please describe these to me.
- How much experience have you had with homebirth (or with the setting in which you practice)?
- What inspired you to become a midwife? What is your philosophies of care?
- How many births have you attended? As a student? As a midwife on your own?
- How many births do you generally attend each month?
- Are you trained/certified in neonatal resuscitation?
- Are you affiliated with any obstetricians, pediatricians, or other practitioners?

## PRACTICE AND BUSINESS

- What are you fees and what do those fees cover? Will there be other expenses and, if there are, what will those be?
- What happens between us financially if I transfer to medical care before going into labor?
- Have any of your clients been successful at recovering all or portions of your charges through their health insurance plans? (Typically this only applies to PPOs)
- Do you work with a service to help clients with insurance claims?

## PRENATAL CARE

- Do you expect my partner to be at each prenatal visit? Will you help him her/ them to be involved in the prenatal experience and prepared to support me in labor, birth, and beyond?

# #IDeserveBirthSupport

## Online Course and Support Group

- How often do we meet prenatally and what do we do at each visit? How much time will I have with you? Do you expect me to attend prenatal classes?
- Do you work alone, with assistants, or in a team during labor? Will I be able to meet anyone who might be attending my birth in advance?
- Do you provide and/or require any pregnancy screenings? (First and second trimester genetic screenings, gestational diabetes, Group B Strep, etc.).
- What labs do you check?
- Do you provide nutritional support during pregnancy?
- What is your experience with herbs, homeopathy, and alternative medicine as pregnancy and labor support?
- What are your policies regarding unusual situations (i.e. breech births, twins, or if I am overdue?)
- Under what circumstances would prenatal care need to be transferred to an OB? Will you help to arrange that transfer of care?
- Do you recommend I hire a doula in addition to your support?

### **AT THE BIRTH**

- How do I reach you in an emergency or when I am in labor?
- If you are unable to attend my birth for any reason, who will attend in your place?
- What happens in the case where two clients are laboring simultaneously?
- Do you have a birth kit for purchase and if not will you work with me to assemble one?
- What equipment do you bring to the birth? Do you carry any emergency equipment such as medications for bleeding, oxygen, or other resuscitation equipment?
- At what point during my labor will you come to my home? When should I call you?
- What do you do routinely during labor? What do you expect from me during labor?
- How do you handle emergencies?
- What experience do you have with complications, and what have been some of the outcomes of those situations? Do you know how to handle a hemorrhage and how to resuscitate a newborn? Are there any complications that you think I should know about?
- What do I do if I need medical care in labor? Do you have medical back-up or can you recommend physicians?
- Have you ever lost a baby or a mother? If so, under what circumstances?

# #IDeserveBirthSupport

## Online Course and Support Group

- What level of perineal tearing, if any, do you suture? Do you transfer to the hospital for any particular levels of tearing?
- Under what circumstances, if any, do you perform episiotomies?
- What is your hospital transfer rate? What is the most common reason for hospital transfer? If I need to transfer to the hospital during labor, will you come with me and what will your role be?
- If I must have a preterm or post-term hospital birth, will you be present to offer support?
- What do you use to monitor the baby during labor?
- How long will you and/or your support team stay with me and my baby after the birth?
- Are you skilled in newborn care? Do you recommend a pediatrician? Can you do newborn screening? Provide intramuscular Vitamin K to the baby?

### **POSTPARTUM CARE**

- Do you provide postpartum care? Here? How often? What does this include? For how long am I entitled to postpartum care from you?
- Is breastfeeding support offered?

After you interview each midwife, check in with yourself on how you feel. Do you feel at ease with this person? Does she seem competent and confident? Was she on time? Is she warm and caring? Is her office space clean and organized? Do her values seem compatible with yours? Does she have the balance of nurturing and skill that you expect? Do you think you would feel comfortable and safe with her at your birth?

---

---

---

---

---

---

---

---

---

---