



## PREGNANCY, BIRTH & AFTERCARE classes

*Your time to flourish, grow, enjoy and be.*

### Considering who will care for you during your pregnancy and birth?

For all women- wherever you are in the world, I have put together a list of suggested questions to ask your prospective carers to ensure you select the right one for you, your family and your circumstances, so that you feel confident going forward. The questions are designed to assist you, in the hope that it helps to bring you a step closer to finding the care that's right for you. xx

### Questions to ask your prospective maternity carers:

Where do you support birth? Home, Birth Centres, Public Hospital, Private Hospital.

What types of births do you provide support for? i.e. Vaginal, Water birth, Planned C-section, Emergency C-Section, Vaginal birth after C-section, Breech birth, Twins.

Do I need health insurance to have you as my carer?

What care do you provide? I.e. pregnancy care, labour care, delivery care, and post-natal care.

Who will be providing the care? I.e. One person consistently, a range of people, a specific team.

Who is on call for me 24/7? Is there a roster/ will I know or get to meet them prior to birth?

Are you having any holidays around the due date, or have regular time off?

How often will I have appointments during pregnancy?

Where will my appointments be?

How long are the appointments?

Who will care for me and my baby in labour?

Who will be present at the birth?

How many times and where will I be seen/ visited/ cared for after baby is born? i.e. daily, 1 week, 2 weeks, 4 weeks, 6 weeks etc.

What are the costs/ publically funded/ are there any out of pocket expenses/ are there rebates?

What is your experience/ expertise?

What is your interest/ passion in birth?

What are your birth statistics? I.e. rate of normal birth, rate of induction, rate of C-section, number of women due to give birth per month.

What kind of other health practitioners do you work closely with?

If you are looking for antenatal classes, which explore more for your pregnancy and birth choices [join me](#)  
Mama Lee Midwife for a special experience.