



Worksheet - Questions to Ask Before You Hire a Midwife

We know that choosing a midwife is a very personal decision, and can be overwhelming. This work sheet is designed to help you gather information and organize your search to find the perfect midwife! The discussion section is geared to provide topics for discussion. Ask some or all of the questions to get a better idea of the midwife's individual style of practice.

1. Is she licensed in your state? Yes No

2. What are her credentials as a midwife?
Example: Licensed Midwife Certified Nurse Midwife Certified Professional Midwife

3. How many years has she practiced? _____

4. How many births has she attended as a midwife? _____

5. Where does she do the prenatal visits? Home Her Office Birth Center

6. Does she have a consulting / back up obstetrician? Who is it? _____

7. What is her view on labor and birth? For example:
 - o How will she monitor the mom and baby?
 - o How often will she monitor the baby?
 - o Can you labor in water? Can you birth in water?
 - o Does she consider herself hands on or hands off, or works with you to establish a birth plan?

Notes: _____

8. What is her rate of prenatal transfer? _____

9. Will she stay with you if you have to transfer in labor? Yes No

10. Will she attend the birth, or does it depend on who is on call? Her On Call

11. How long does an appointment normally last? _____

12. How many babies is she catching during a month? _____

13. Is she certified in neonatal resuscitation? Does she carry oxygen to the birth?



Discussion Questions

1. What happens if two clients are in labor at the same time?
2. Has she ever missed a birth?
3. When will she come to you after you begin labor?
4. How long does she wait to cut the cord after the baby is born?
5. What does she do if there is an emergency such as a post partum hemorrhage?
6. What are her fees and what do they include? What is her payment schedule?
7. What does she do if a mother goes "post dates?" What if a mother is approaching 42 weeks?
8. Why did she become a midwife?
9. Does she participate in continuing education beyond what is required to maintain her license?
10. What does she expect regarding self-care during pregnancy?
11. What is her view on nutrition and weight gain during pregnancy?
12. Has she ever had to resuscitate a baby?
13. Will she help with breastfeeding?
14. How does she feel about circumcision? Immunization?
15. How do I get my baby's birth certificate and Social Security Card?
16. How will my partner be included in my visits and birth?
17. Can the dad catch the baby?
18. Does she have a lending library?
19. How is she contacted? Do parents have access to her via cell phone, pager?
20. Does she have student midwives in her practice?