

# MIDWIFE INTERVIEW QUESTIONS



*Questions to ask a midwife before you decide  
on which one to hire.*



## **Labor Questions**

What kind of things am I allowed to eat and drink during labor?

What level of help or interaction do you provide during the labor and birthing process?

Will I have to wear/use an IV?

What will my husband's role be in the labor process?

## **Birthing Questions**

Are water births or bed births more popular? Which provide less pain? Less intervention? Less tears?

What happens if something goes wrong during labor or delivery?

Do you do delayed cord clamping? Save the placenta if I want it? Do placenta encapsulation or other methods of saving it?

What do you bring to the birth?

Do you do surgery to repair any tears I might get during delivery?  
To what degree?

How long will you stay after birth in my home or birthing center?

### **Financial Questions**

Do you accept any forms of insurance? If so, what kinds?

How much does a birth package cost? What is included in that package?

Are there other optional things that will cost if I choose to do them?

How much will sonograms/bloodwork and lab work cost?

What kind of home supplies will I need to purchase or prepare for home birth?

## **Baby Care Questions**

Who administers a circumcision if we choose that for a boy?

Do you give shots to my baby after birth?

What about getting a birth certificate and applying for a social security card?

### **Pregnancy Questions**

Is massage beneficial during pregnancy? What areas would benefit most? What areas should I avoid?

What vitamins and supplements should I be taking for an optimal pregnancy?

Should I avoid certain essential oils or herbs? Which ones would help me during pregnancy?

How much rest should I get during pregnancy?

Are there any good apps that you recommend that promote a natural birthing and preparation process?

What articles, resources, or information do you have about natural birth, home birth, and other options that I could look into?

## **Additional Notes from Interview**