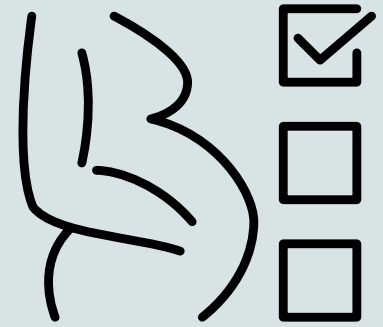


Questions to Ask Your Provider During Prenatal Visits



1 GENERAL PREGNANCY & HEALTH	☐ How is my baby measuring and developing? Are there any concerns I should know about at this stage? ☐ What are the most important things I can be doing right now for a healthy pregnancy? ☐ Are there activities, supplements, or foods you recommend (or advise against)?
2 LABOR & BIRTH PREPARATION	☐ How do you typically handle situations like going past my due date, stalled labor, or suspected big babies? ☐ What is your induction rate and cesarean rate? ☐ What positions for labor and pushing are supported at this hospital/birth center?
3 PROVIDER & TEAM SUPPORT	☐ Will you be the one attending my birth, or could it be another provider? ☐ How do you work alongside doulas? Who else will be involved in my care during birth (nurses, residents, etc.)? ☐ What is your approach to pain management options?
4 POSTPARTUM & BABY CARE	☐ What newborn procedures are standard immediately after birth, and do I have choices? ☐ Can delayed cord clamping and skin-to-skin be honored after delivery? ☐ How long will we typically stay after birth? What support is available for breastfeeding and postpartum recovery?
TIPS FOR MAKING THE MOST OF YOUR APPOINTMENTS	• Write your questions down beforehand so you don't forget in the moment. • Bring your partner or support person — sometimes they think of questions you might not! • Remember: no question is too small. Your provider is there to help you feel informed and empowered.