

# BUILDING YOUR BIRTH TEAM

## Consider Your Birth Desires

- **Reflect on Your Preferences:** Think about your ideal birth experience, including setting (hospital, home, birthing center), pain management options, and any specific cultural or personal practices you want to include.
- **Prioritize Your Needs:** Identify what is most important to you, whether it's a certain type of provider, the presence of a doula, or a specific environment.

## Search In Your Area

- **Research Local Options:** Compile a list of potential providers (obstetricians, midwives, doulas).
- **Check Availability:** Ensure that the providers on your list are accepting new clients and can accommodate your estimated due date.



## Contact Me:

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## Ask The Right Questions

- **Prepare Key Questions:** When you connect with potential team members, ask about their experience, philosophy on childbirth, and their approach to birth support/care.
- **Gauge Compatibility:** You want a team that aligns with your birth desires and makes you feel comfortable and safe.

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## Make Your Choices

- **Reflect on Your Consults:**  
Take time to review your impressions and how each provider aligns with your birth desires and values.
- **Consider the Full Team:** Think about how each provider will work together and what roles they will play during labor and delivery. Once you're satisfied, finalize your choices and inform your team.



About Me



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I provide every birthing person with non-judgmental support during their pregnancy, birth, and postpartum transformation. I value an evidence-based approach that reflects the strength and sacredness of birth so that parents can enter birth with confidence.

**Book Your FREE  
Consult**

