WHO SHOULD BE MY PREGNANCY CARE PROVIDER?

The first and most important decision in pregnancy

ALL PARENTS WANT WHAT’S BEST FOR BABY.
The best carrier, car seat, stroller – and of course healthcare provider! When it comes to finding a provider for you and baby, pick the one who will support you in the safest, healthiest birth possible.

DID YOU KNOW?
Most people who give birth in hospitals are considered low risk and 100% are candidates for midwifery care.

Yet in 2016... the CDC reports that midwives attended just under 9 percent of births in the United States.²

ASK QUESTIONS TO GET THE CARE YOU WANT!

• What is the cesarean rate of your provider and your birth place?
• Does your provider recommend routine induction around 39 or 40 weeks?
• Are there policies against going to 41 or 42 weeks?
• Do you limit the length of labor?
• How often do you support birth with low interventions — no pain medications, no Pitocin, no IV fluids, no episiotomy?
• How often do you support physiologic birth — upright positions, eating and drinking, variety of pushing positions?

WHAT ARE YOUR OPTIONS?

<table>
<thead>
<tr>
<th>MIDWIFE</th>
<th>FAMILY PHYSICIAN</th>
<th>OB/GYN</th>
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<tbody>
<tr>
<td>Complete women’s care, prenatal, labor, birth and postpartum care for low-risk women. Physician support, if needed</td>
<td>Complete healthcare for all ages and genders. About 2-5% deliver babies, manage routine care and refer to OB for complications²</td>
<td>Complete women’s care, prenatal, labor and birth care, expertise in high-risk pregnancy and surgery</td>
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<tr>
<td>Hospital, in-hospital freestanding birth center and home</td>
<td>Hospital, in-hospital birth center</td>
<td>Hospital, in-hospital birth center</td>
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<tr>
<td>Low rates of medical interventions (induction, continuous EFM, episiotomy), low cesarean rate</td>
<td>Many may recommend medical interventions, including cesarean</td>
<td>Many may recommend medical interventions, including cesarean</td>
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MATERNAL-FETAL MEDICINE SPECIALIST
Non-routine women’s care, prenatal, labor and birth care for high-risk pregnancy and surgery

Hospital
Higher rate of interventions, due to complicated health conditions of mom or baby

VISIT WWW.LAMAZE.ORG TO LEARN MORE.


REMEMBER – IT’S NEVER TOO LATE TO MAKE A CHANGE IF YOU HAVE CONCERNS!
To learn more about choosing the right healthcare provider for you and baby, sign up for a Lamaze childbirth education class in-person or online.

UP TO DATE
In the UK, the newest guidelines say that midwife-led care during labor for women with uncomplicated, low-risk pregnancies is SAFEST and HEALTHIEST.¹

You might be considered high-risk if:
X You’re pregnant with multiples
X You have a health problem (pre-existing or pregnancy related)

PICK THE RIGHT PROVIDER TO CARE FOR YOUR BABY.

1 Take a Lamaze class and get educated on all of the options.
2 Talk to friends and family about their experience.
3 Trust your instincts and pick the provider that’s right for you and baby.

UP TO DATE