



## Questions to Ask Yourself

Being well informed well prepared and well supported for pregnancy and birth sets you on a good path to a great birth. There are 4 key things to consider:

### 1. Companions

- Would you like to already know who looks after you in labour and helps you give birth?
- Who would you like to be with you during your labour?
- Do you want a midwife or an obstetrician?
- Do you have any medical problems which require specialist help during pregnancy and birth?

### 2. Environment

- Would you prefer to labour in familiar surroundings?
- Would you feel comfortable being in labour in a hospital environment?
- Would you feel reassured having medical staff and technological aids nearby?

### 3. Labour

- Would you like to give birth naturally, without medical interventions?
- Would you like to be able to walk about during labour, and to get into any comfortable position you choose?
- Would you like to use water for pain relief, or to give birth in a birthing pool?
- Are you keen to avoid a Caesarean birth or would you prefer to have one?
- Would you like to be able to have an epidural (local anaesthetic used as pain relief) during labour?

### 4. Postnatal Care

- How do you feel about the various medical interventions that can be performed during labour?
- Would you prefer to stay in hospital after you have had your baby, or be at home?
- Are you planning to breastfeed or are you thinking about bottle feeding?
- Would you like to already know the midwife who visits you at home after you have had your baby?

Source: [www.birthchoiceuk.com](http://www.birthchoiceuk.com)