

# HOW TO CHOOSE A PROVIDER

O B G Y N   O R   M I D W I F E ?



| SOURCE: BLACK PREGNANT  
AND LOVING IT

# Birthing Noire

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**Birthing Noire**

# Doctor or Nurse-Midwife?

Yay!! CONGRATULATIONS on your pregnancy, this is a very exciting time in your life. I know after the initial feeling of excitement, feelings of overwhelm can kick in. You maybe asking yourself "WHAT'S NEXT?" Your about to bring a human being into this world, and this my friend will require some serious planning. You probably know the popular saying, "If you fail to prepare, then you have prepared to fail." This is very true in the birthing world, it requires preparation in order to be successful. Childbirth requires teamwork, you have to get all members of your support team in place, next to your partner, your provider is the most important person on your team. So lets talk aobut the difference between a Doctor (OBGYN) and a Nurse Mid-Wife

## DOCTOR

- Completes 4 years of medical school followed by 4 years of residency.
- Provides full spectrum family planning, pre-conceptual care, delivery, and postpartum care.
- Offers gynecological care.
- Provides Service to both low risk and high risk women.
- Routine approach to care. Not much emphasis placed on emotional support.
- Checks in during labor, present when necessary.
- Medical approach to labor.

## NURSE MID-WIFE

- Completes nursing school followed by completing a graduate program in mid-wifery.
- Provides full spectrum family planning, pre-conceptual care, delivery, and postpartum care.
- Offers gynecological care.
- Provides services to low risk women.
- Holistic approach to care. Your mid-wife provides emotional support, while getting to know you, your family, and preferences.
- Devotes time to you during labor.
- Natural approach to labor.

## Tips For Selecting A Provider

Now that you know the options available and differences between providers, the question that remains is how do you which one is right for you and your family? This selection is very important because this person will have a huge impact on your overall experience. This person will help in shaping YOUR story, thoughts, and perception of childbirth. So here are my tips on selecting a provider that is right for you.

- Sit with your partner and have a discussion about your feelings and beliefs about pregnancy and childbirth.
- Develop a clear picture of what you want your care to look and feel like.
- consider if your pregnancy low or high risk.
- Decide on the approach to pregnancy and birth that you will be comforatble with that best fits your vision.



## **BIRTHING NOIRE**

**Birth is the epicenter of a womans POWER.**

# Interview Questions For Selected Providers

Now that you have selected the type of provider that best fits you and your families need, it's time for you to conduct an interview. YES! I said the next step is for you to interview your provider. What I want you to understand is that YOU are hiring your provider, your provider works for YOU!! Here are some questions to ask your potential provider:

- What are your beliefs regarding childbirth?  
(ensure that you have a clear interpretation of what natural childbirth looks like to you).
- Do you have privileges to deliver at my hospital of choice?
- How many providers are within your practice?  
As a group, does everyone have the same beliefs about childbirth?
- How will you allow me to participate in my care if I become High Risk? Or do you usually take a unilateral stance at this point?
- Under what conditions will you decide to bring on labor with medications rather than allow me to continue naturally? (this is important because if you are planning to take an active role in managing your labor and delivery, then you will need to know when your provider will step in and make a unilateral decision regarding the process of your labor.

After asking these questions there are a few other things to consider regarding your chosen provider:

- Make sure that you come to a consensus about the kind of care you are looking for.
- You should assess if your provider shares similar pregnancy and childbirth philosophies. So take time to envision your baby's birthday!
- You want to get a good sense of whether or not your personalities are compatible and whether you can communicate easily and clearly.
- It's an added bonus for women of color to have a provider of color. It's no secret that people who share similar values, experiences and cultural patterns feel more comfortable with each other.



# How To Have An Empowered Birth Experience

- **Team Work! Get your team together. This includes; your partner, provider, and a doula (professional support person). Birthing Noire offers virtual birth doula support.**
- **Mentally prepare yourself for childbirth. This is why Birthing Noire was created, to help you approach childbirth with mindfulness.**
- **Educate yourself. Sign up for a childbirth course.**
- **Be physically active during pregnancy. Take a prenatal yoga Class.**
- **Plan. Write out a birth plan, develop clarity on the type of birth experience you and your partner desire.**
- **Clear your fears about childbirth. Birthing Noire has created a space that will help you identify your fears and develop methods to clear them, making room to create YOUR own birth story.**