

## Questions to ask the hospital/birth center about Family Centered Cesareans

When choosing a new provider, it is important to discuss your birth plan at the first prenatal appointment (or even before you conceive!). The earlier you discuss options, the earlier you know if the provider is going to be a good fit for your family. Below is a list of example questions that would be good to consider when talking to your provider about Family Centered Cesareans. This is not a comprehensive list. You should also make an appointment with your hospital to discuss their policies and procedures, especially if your provider told you the hospital does/does not offer something specific.

- Do you have clear drapes for cesareans?
  - Does anyone that asks for it get one?
  - Are they ever unavailable?
- Do you support skin-to-skin in the operating room?
  - Do you need extra staff for this to happen?
  - Are you ever unable to support this?
  - When is the last time you were not able to support this?
  - Do I have to ask for it upon arrival?
- Do you support breastfeeding in the operating room?
  - Do you need extra staff for this to happen?
  - Are you ever unable to support this?
  - When is the last time you were not able to support this?
  - Do I have to ask for it upon arrival?
- Do you have policies regarding doulas in the operating room?
- Do you have policies regarding birth photography in the operating room?
- Do you keep mom and baby together at all times, when medically stable?
  - Are you ever unable to support this in medically stable births?

