

Questions to ask the provider 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 support the use of clear drapes during a cesarean?
 - At what point during the birth do you reveal the clear drape?
- Do you support immediate skin-to-skin in the operating room?
 - What situations would make this impossible?
- Do you support immediate breastfeeding in the operating room?
 - What situations would make this impossible?
- Do you support the use of a doula, in addition to a family support person, while in the operating room?
- Do you support the use of birth photography in the operating room?
- Do you support the patient having unrestrained arms throughout the birth?
- Do you support the patient playing their music of choice during the birth?
- Do you support delayed cord clamping during cesareans?
 - What length of time do you consider to be delayed cord clamping?
- Do you support the use of medications during the birth that do NOT sedate the patient?
- Do you support the use of dimmed lighting during the birth?
- Do you support keeping baby with mom at all times?
- Do you use sutures, or staples to close the incision?

