

Birth Location Workbook

My Delivery Location Options:

1.) A Hospital

2.) A Birth Center

3.) At Home (A Home Birth)

Things to Consider:

1.) A HOSPITAL BIRTH

What local hospitals could I choose to deliver at?

Which of these have the best overall birth statistics?

Which hospitals do I want to take maternity tours at?

Where does my current midwife/Dr. deliver at?

What other moms in the area do I know who I could ask about their delivery location and experience? (Friends, family, neighbors, coworkers, etc.)

Which local hospitals /delivery locations have I heard about good birth experiences from other moms?

If I have a Doula, have I asked them about local delivery options, and what I can expect from the places I'm considering?

2.) A BIRTH CENTER

Do I have any nearby birthing centers in my area?

If so, have I researched them or scheduled a maternity tour?

Are there any comforts/options local birthing centers allow that would make me choose one of them over a hospital birth?

If this is something I want, have I figured out who would deliver my baby/continue my prenatal care if my current midwife/Dr. wouldn't deliver at the birth center I want to go to?

Things to Consider (Continued..)

3.) A HOME BIRTH

Why are some moms most comfortable giving birth at home?

How would I feel about a home birth in comparison with delivering at a hospital or birth center?

If this is something I seriously am considering, have I found a Dr. or midwife willing to attend my home delivery?

Have I discussed with my care provider if there are any factors about my pregnancy or medical history that would pose a special risk to planning a home birth?

How far is the closest hospital in the event I would need to go? Is my care provider credentialed there?

If My Midwife/Dr. Doesn't Deliver Where I Want to Go

How do I feel about the locations where my care provider DOES deliver? Have I taken a maternity tour there?

Do I care more about keeping my midwife/Dr. or would I rather switch health care providers to deliver at a different location?

If I am looking to switch my Dr. or midwife, have I researched the providers that deliver where I want to go?

Have I asked other moms who their doctors were that delivered where I want to go?

If my preferred delivery location is my HOME, what doctors/midwives in the area attend home births?

Is there any reason I may choose to keep my health care provider but have someone else deliver my baby at a location where they don't deliver?

If so, have I discussed this with them and double-checked about any potential insurance issues?

What would be the downside of having someone deliver my baby who isn't my regular Ob-gyn/midwife?

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Things to Do:

- _Schedule maternity tours at any hospitals or birthing centers I'm considering and ask questions!
- _Find out which locations my current Dr./midwife delivers at.
- _Research birth statistics for the local hospitals and birthing centers.
- _Ask other moms about where they delivered and how their experiences were.
- _If I have a Doula, ask them about their knowledge of delivery locations in the area.
- _Find out if my preferred delivery location will be covered by my insurance.
- _Decide for sure which delivery location and/or midwife/Dr. I want to stick with.

Additional Things to Do:

NOTES: