

CHOOSING CARE

Questions to ask when choosing a birth provider

BirthX Team · September 8, 2026

OB, midwife, family doctor? What matters is whether their approach fits yours. Here's what to ask before you commit.

Key takeaways

- You can change providers during pregnancy. Choose someone whose approach fits yours.
- OBs, maternal-fetal medicine specialists, midwives (CNM, CM, CPM), and family physicians each care for different needs and settings.
- Ask how they decide on induction, support pain relief choices, and approach cesareans and VBAC.
- Ask who will actually be at your birth, where they deliver, and how transfers work.
- Ask how they handle disagreement and how they make sure every patient feels heard.
- Notice whether they explain their reasoning and ask what matters to you.

Read the full article

<https://birthx.org/blog/questions-to-ask-when-choosing-a-provider/>