



WHO'S ON YOUR BIRTH TEAM?

Use this worksheet to identify and evaluate the members of your potential birth team. List who you'd like involved and what you value about each role. Consider your family's priorities, cultural beliefs, and communication style

Obstetrician/
Midwife

- NAME:
- REASON FOR CHOOSING:
- QUESTIONS TO ASK:

- NAME:
- SUPPORT STYLE:
- QUESTIONS TO ASK:

Doula

Nurses &
Staff

- WHAT DO I WANT FROM THEM:
- INFORMATION IS NEED CLARIFIED:
- QUESTIONS TO ASK:

- WHO DO I WANT IN THE ROOM:
- COMFORT LEVEL WITH EACH PERSON:
- ROLES YOU WANT THEM TO PLAY:

Family/Friend
Support

QUESTIONS TO ASK:

- "What is your philosophy on birth interventions and pain management?"
- "How do you approach communication and updates during labor?"
- "What role do you envision for the partner or father in the delivery room?"
- "In what circumstances might you recommend a change to the birth plan?"
- "How do you support postpartum care and follow-up for both mother and baby?"