

10 QUESTIONS TO ASK DURING BIRTH

by Elemental Beginnings

- I don't quite understand what you mean, could you explain it a little more?
 - Why do you want to do this procedure/test?
 - What are the pros and cons of making this choice?
 - How will this help me achieve my goal of _____ for my birth?
 - Are you wanting to do this just because it is hospital policy or will it give me more information/time/better outcomes?
 - I'm not feeling 100% comfortable at the moment with what you want to do, could you please explain it step-by-step.
 - What are the other options we can try instead?
 - I want to _____, how can you help facilitate this?
 - What is likely to happen if we wait a little longer or choose not to do this?
 - I understand the risks and benefits in this moment, but how could this choice affect me or my baby in the future?
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