

Midwives at the Table: In Our Own Words

Background & Experience

1. What inspired you to become a midwife?
 2. How long have you been practicing?
 3. Where did you receive your training?
 4. What types of births have you attended (home, hospital, birth center)?
 5. What certifications or licenses do you hold?
 6. How many births have you attended?
 7. Do you work independently or with a practice/group?
 8. Have you worked internationally or only locally?
 9. What's the most memorable birth you've attended?
 10. How has your practice changed over the years?
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Philosophy & Beliefs

11. How would you describe your philosophy on birth?
 12. What role do you think intuition plays in birth?
 13. How do you define a "natural" birth?
 14. What are your views on medical intervention?
 15. How do you support informed choice and consent?
 16. How do you feel about birth plans?
 17. What do you think society misunderstands about midwifery?
 18. How do you advocate for birthing people?
 19. What does "birth as a sacred experience" mean to you?
 20. How do you handle conflicting beliefs with clients?
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Prenatal Care

21. What does prenatal care look like with you?
 22. How often do you see clients during pregnancy?
 23. What tests do you recommend and why?
 24. How do you monitor fetal development?
 25. How do you support mental and emotional health during pregnancy?
 26. What's your approach to nutrition and supplements?
 27. How do you handle high-risk pregnancies?
 28. What signs do you watch for that might require transfer to an OB?
 29. What's your take on gestational diabetes screening?
 30. How do you help clients prepare for labor?
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Labor & Birth

31. How do you support laboring people emotionally and physically?
 32. What tools or techniques do you use for pain management?
 33. What's your opinion on epidurals?
 34. How do you know when it's time to push?
 35. What's your approach to fetal monitoring during labor?
 36. What's your policy on water birth?
 37. What positions do you recommend for pushing?
 38. How do you respond to complications during labor?
 39. Do you allow or encourage VBACs?
 40. What do you do in the case of prolonged labor?
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Postpartum Care

41. What kind of postpartum support do you provide?

- 42. How many postpartum visits do you do?
 - 43. How do you support breastfeeding?
 - 44. What signs of postpartum depression do you watch for?
 - 45. How do you support healing after birth?
 - 46. Do you offer support for partners postpartum?
 - 47. What's your advice for establishing routines with a newborn?
 - 48. How do you support clients after traumatic births?
 - 49. Do you provide help with newborn care education?
 - 50. What's your opinion on postpartum confinement traditions?
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Partner & Family Involvement

- 51. How do you involve partners during pregnancy and birth?
 - 52. What advice do you have for first-time dads/partners?
 - 53. How do you support clients with older children at the birth?
 - 54. What do you say to families nervous about home birth?
 - 55. How do you work with doulas or other birth professionals?
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Holistic & Cultural Practices

- 56. Do you use herbs or natural remedies?
 - 57. How do you incorporate cultural traditions in care?
 - 58. What's your opinion on placenta encapsulation?
 - 59. Do you recommend any alternative therapies (acupuncture, massage, etc.)?
 - 60. How do you address spiritual aspects of birth?
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Emergencies & Transfers

- 61. How do you prepare for emergencies?

- 62. What equipment do you bring to a home birth?
 - 63. When do you transfer to a hospital?
 - 64. What's your relationship with local hospitals?
 - 65. Can you describe a time you had to perform an emergency intervention?
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Legal & Professional

- 66. What are the legal requirements for midwives in your area?
 - 67. Are you insured?
 - 68. What documentation do you provide?
 - 69. How do you handle consent forms and contracts?
 - 70. How do you stay current with evidence-based practices?
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Client Relationships

- 71. What makes a good midwife-client relationship?
 - 72. How do you build trust with clients?
 - 73. What do you do when there's a disagreement with a client?
 - 74. How do you support LGBTQ+ families?
 - 75. How do you handle clients with trauma histories?
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Reflections & Stories

- 76. What was your first birth experience like (as a midwife)?
 - 77. Can you describe a birth that taught you something profound?
 - 78. Have you ever been afraid at a birth?
 - 79. What's the most beautiful moment you've witnessed in birth?
 - 80. Have you ever changed your mind about something in birthwork?
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Trends & Challenges

- 81. What trends do you see in birth and maternity care?
 - 82. How do you feel about the medicalization of birth?
 - 83. What's the biggest challenge midwives face today?
 - 84. What's one thing you wish every pregnant person knew?
 - 85. How do you think birth culture is changing?
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Education & Advocacy

- 86. Do you teach or mentor new midwives?
 - 87. What advice do you have for aspiring midwives?
 - 88. How can people advocate for midwifery care?
 - 89. What books or resources do you recommend to clients?
 - 90. How can communities better support midwifery?
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Personal Insights

- 91. What sustains you in this work?
 - 92. How do you take care of yourself between births?
 - 93. Have you ever felt burnout?
 - 94. What brings you the most joy in your work?
 - 95. How do you balance midwifery with your personal life?
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Final Thoughts

- 96. What's one myth you'd like to bust about midwives?
- 97. What's your favorite thing to say to someone in labor?
- 98. What legacy do you want to leave in the birth world?
- 99. How do you want people to feel after working with you?

100. If you could tell every parent one thing, what would it be?