

# LAYAB'S 1ST PRENATAL VISIT

*Questions*

---

## Own Your Experience

- What are the c-section rates for your hospital and your group?
- What are your views on VBACs (if this applies)?
- What hospital do you deliver at?
- Whom will I see for care and during labor and delivery? How long have they been practicing?
- Explain to me your approach to labor that may not be progressing as quickly as you would like? (This will help see how they really administer interventions)
- What do you do in the event my baby is breech as we near labor? Do you deliver breech babies?
- How many weeks can I go before you induce?
- Do you offer wireless monitoring (can I move around during labor)?
- Can I push in different positions?
- What support items do you have (birth ball, peanut ball, etc.)?
- What is your practice doing to support Black mothers?
- What can I expect during my first trimester appointments?
- Can I eat and drink during labor?
- What are my options for pain management?
- Do you practice the golden hour?
- Do you practice delayed cord clamping? Can my partner cut the cord?
- What does breastfeeding support look like after delivery?
- What happens with me and the baby immediately after?
- What postpartum support do you offer and for how long?
- Are you available via phone/text/email? What hours are you not available