



Do you have any of these **Red Flags** with your provider?

- 1.) You leave your appointments feeling somewhat supported, but not fully.
- 2.) You feel that you might have to fight for the birth you desire to have (with the hospital or provider).
- 3.) Your provider doesn't provide care that is supported by best research and evidence. ("Well, we don't do it that way because we feel...")
- 4.) Conversations you have about your birth preferences leave you feeling that you are having to either give in or fight for what you desire to have happen.
- 5.) Your provider shares call with other physicians who may not share the same philosophies on birth.
- 6.) You are met with the following phrases: "We might be able to support that," "We don't allow that here," "Hospital policy says that we can't," "I can't let you," "We don't allow that," etc.
- 7.) You are seen usually by a nurse practitioner and rarely meet the person you have hired to be at your birth.
- 8.) Provider statistics are not readily available upon request.

These are all signs that you may not be supported in receiving the care you would like for your birth. Remember that it is never too late to transfer care to a practice that fully supports all of your decisions! Your birth is something you will remember for the rest of your life and something your provider likely will not.

You and your baby deserve the very best!


The Birth Haven



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