



Home Birth
Aotearoa

INTERVIEWING A MIDWIFE

Choosing a Home Birth Midwife is one of the most important decisions you will make during your pregnancy so it's important that your midwife is someone you feel comfortable, confident, and compatible with. If you are planning a homebirth, it is important to find an experienced home birth midwife, who has the relevant experience to help facilitate an empowering birth experience for you and your whanau. All midwives will operate within their own scope of experience and comfort. Midwives who are committed, experienced and knowledgeable about home birth will have more personal and professional resources to draw from to help you birth at home. From their experience, they will also know to trust you and your body to give birth in your own way in your own terms.

Template for interview

Date: _____ Name of Midwife: _____

Contact details: _____

General:

- How long have you been in practice?
- What are your beliefs about pregnancy and birth? What is your birth philosophy?
- What birthing options / locations do you offer?
- How many births have you attended?
- How many home births have you attended?
- How many of your clients have home births?
- How many women do you book each month?
- Who is your midwifery partner(s)? How do you work together? When will they provide back up? When will I have the opportunity to get to know her as well?
- What percentage of your client's births do you attend?
- Do you know of anything now that may cause you to be unavailable around the time of my birth?
- Are you a member of the New Zealand College of Midwives?
- Are you a member of your local Home Birth Association?
- When was your last Midwifery Standards Review?
- Do you have a current practising certificate? Does this have any restrictions imposed on it?



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- Do you have any additional qualifications outside of midwifery? Have you undergone any additional professional development?
- Do you have skills and experience in assisting breastfeeding?

Notes:

Pregnancy Care:

- Where do you provide antenatal visits?
- What kind of antenatal care can I expect?
- How do you ensure that women in your care are given balanced information to make informed choices?
- How often will I see you? What is the process if I need to see you outside of or planned visits?
- Do you encourage family / whanau participation?
- If my pregnancy becomes complicated what are my options? Will you remain involved in my care?
- Are you likely to refer me to other professionals for different aspects of my care?
- Will you advise me on pregnancy diet and what philosophy do you have?

Notes:



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Labour & Birth:

- What equipment do you carry?
- How do you support the optimal flow of the birth hormones?
- Will there be a second midwife at the birth?
- What is your transfer / intervention rate?
- When might I need to birth in a hospital? If this happens what role will you play in my care?
- If my labour is long who will relieve you?

Notes:

After the birth:

- How often do you visit after the birth?
- How many weeks do you visit after the birth?
- Between visits are you available for me to phone for advice?
- Will you help me to establish breastfeeding?
- Do you work with or refer to other health professionals or support groups?

Notes:
