

Hey there!

Whether you are trying to conceive, have recently found yourself pregnant, or are coming close to delivery I want to share some of my years of hospital nursing experience with you today when it comes to choosing your provider.

Now, you may be saying, "Nichole, I have already been seeing someone ... do I really need to read this?"

YES! You do.

It is so important to have your expectations set with realistic goals and desires in mind.

Your provider can literally make or break your delivery, and if you have an amazing provider that you know, love, and trust - you don't need to keep reading...

But, if you haven't found someone yet, or you are not thrilled to pieces with your current provider (or possibly even feel unsafe or have ill feelings or dread rise up every time you have an appointment) you need to keep reading.

I know when you read through this checklist it might seem like I am describing a unicorn - and I am... but amazing providers exist all over the world and if you know what to look for and HOW to look for one - you will find one!

This checklist will help you figure out what type of provider you want to look for -

Where to look for them is pretty straightforward.

I recommend getting into a local Facebook group for Mamas in your area (wherever you live) and asking those seasoned mamas who they recommend.

I know, simple.

But it's the MOST effective way I have found.

Be honest with yourself first by going through the checklist and figuring out what is important to you and then be honest with those mamas in the group explaining your unicorn provider well so that they can help with recommendations.

Be prepared because they will dish out the good, the bad, and the ugly - but you will walk away with your unicorn 😊

XO,

A handwritten signature in black ink that reads "Nichole". The script is fluid and cursive, with the first letter 'N' being particularly large and stylized.

FINDING AN AMAZING PROVIDER

- Figure out what is important to you in a provider. Make a pros & cons list.
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- How does this person make me feel when I am in their presence?
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- What type of delivery am I hoping to have? (Medicated, Unmedicated, etc)
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- Where am I planning to deliver? (Hospital, Home Birth, Birth Center)
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- Do I want my provider to spend a lot of time with me during delivery?
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- Would I prefer short quick visits and them to just show up to 'catch' baby during delivery?
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- Would I like my provider to be well versed in Breastfeeding?
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- Do I prefer to do everything my provider suggests or do my own research first?
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- Do I want a partner in my provider or do I want someone to tell me what to do?
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- Do I want a 'homebirth' type of birth, but in the hospital setting?
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- Do I want a provider who handles high risk patients (if you are high risk)
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- Do I want a provider who will be an advocate for me during delivery even if it means going against hospital policy?
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- Do I want a provider who treats me like an equal and respects my wishes?
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- Do I want a provider who has time to spend discussing topics with me or one who is hurried when they visit with me?
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- Do I want a provider with a high cesarean section rate?
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- Am I more natural or medically minded? (ie. Do I always seek advice from a doctor when I am sick or do I treat at home naturally?)
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**If you are farther along and have a provider who does not make you feel safe, loved, and confident in their abilities as a provider it is NEVER too late to change to someone else.