

Questions To Ask

YOUR CHILDBIRTH EDUCATOR

www.BirthEducationCenter.com



About The Educator:

- How many years of experience do you have teaching?
- Who did you certify through or train with?
- Are you a birth or postpartum doula?
- What are your biases when teaching?
- What other trainings have you taken to make your classes even better?

Location and Logistics:

- How are the parking and the location as far as safety?
- Is there anything I will need to bring to class each week?
- Is it OK to eat at the venue or will there be snacks provided?
- Are the classes recorded?
- What happens if I miss a class?
- How often do you teach a series?
- How many couples are in each class?
- If I'm single, can I bring my birth doula or another support person with me?
- Are you OK with my doula observing the class or do they need to pay a fee for the spot?

Curriculum Specific:

- What is the homework/practice each week?
- What is covered in your curriculum?
- What kind of medical procedures do you go over in class?
- Is there a section that specifically covers cesarean and/or gentle cesarean?
- What questions from parents come up most often in your class?
- How do you cover our fears within the curriculum?
- Do you include creating birth plans in your curriculum?
- Do you cover all types of birth places: home, hospital, and birth center?
- If you cover newborn care and breastfeeding, how many hours are covered for each of those?
- What kind of resources do you have for parents in the community?
- If teaching in a hospital, is this your curriculum or the hospital's curriculum?
- If it is the hospital's curriculum - Are you allowed to add evidenced-based studies/data and the alternative methods and practices to your classes?



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