

Meet Your Birthing Team

Your birthing team is there to help you during your pregnancy and birth.



OB (Obstetrician) or Midwife

- An Obstetrician or OB is a doctor who specializes in caring for pregnant women. They offer prenatal care and can deliver your baby.
- A midwife can also offer prenatal care and delivery services, especially if you don't have medical complications.



Mother/Baby Nurse

The Mother/Baby nursing team helps take care of mom and baby in the hospital.



Neonatologist/Pediatrician

- A doctor who cares for newborn babies while in the hospital.
- They may be called to a delivery if any problems come up.



Doula

- Is sort of like a counselor just for women who are having a baby
- Can help with emotional support
- Can help you think about what you want your childbirth to be like



Lactation Specialist

- Someone who helps women breastfeed their baby.
- This person can also meet with you during pregnancy to help you learn more about breastfeeding or decide if breastfeeding is right for you.
- You can also work with a peer lactation coach, someone who is an experienced mother and can offer breastfeeding tips and support.



Hospital Social Worker

Clinical social workers are available at most hospitals to talk with you about childbirth and to provide a range of resources, including parenting education, groups for mothers, case management, and access to services both in the hospital and in the community. Anyone can receive a consultation with the hospital social worker. Just ask your OB, midwife, or nurse to connect you.