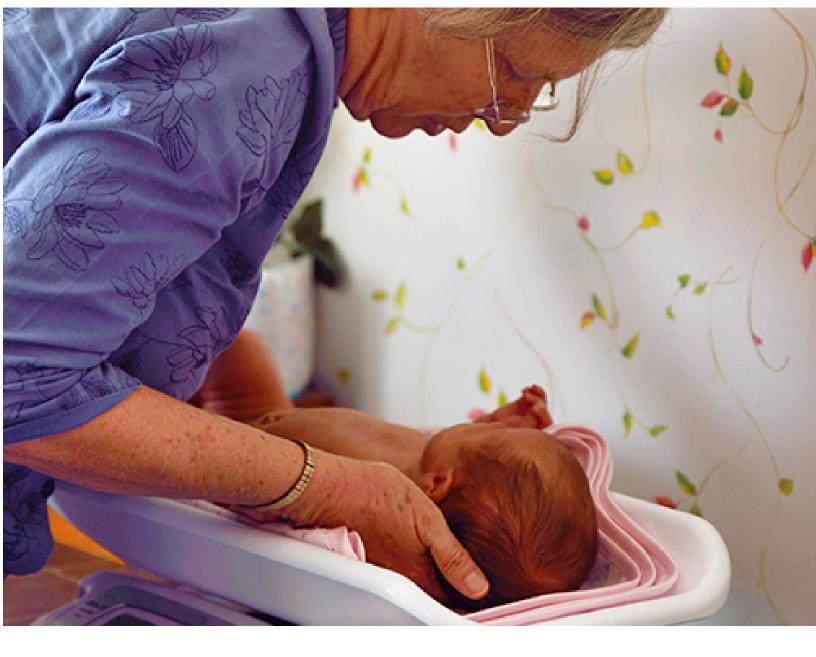
# **Meet Your Birthing Team**

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.