



HOW
TO

Choose Your Birth Team

WOMEN'S INTEGRATIVE HEALTH

How to Build Your Team

Why is it important to build your support team?

Surrounding yourself with a custom-built team, that will support you in this journey, will help you attain your vision for birth and beyond. Below I have created a checklist to help you build your team. The health and happiness of a mother will set the tone for a new family that is a worthy investment.



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PRIMARY CARE

OBGYN: A doctor that supports the medical health of mother and baby in a hospital

Midwife: A medical professional who supports the family as a whole at home, in a birth center or a hospital

PRENATAL SUPPORT

Chiropractor: Supporting the overall alignment of your body as it changes throughout pregnancy provides a more comfortable pregnancy, birth, and postpartum period.

Doula: Educationally, emotionally, and physically supporting the family through the entire journey. They will resource you with local professionals to build your custom team.

Therapist: The transition to motherhood can be hard. Having someone to help you navigate this period mentally and emotionally can be helpful especially for those who have battled anxiety or depression previously.

Acupuncturist: Found to help with fertility, alleviate some of the discomforts of pregnancy as well as induce labor.

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POSTPARTUM SUPPORT

- **Pediatrician:** You will spend a lot of time with them over the next two years. Find a doctor that you have a rapport with and aligns with the values for your family. Some have in house lactation support.
- **Postpartum Doula:** Someone to support you during this transition and help you navigate this new role. Helps with newborn care, allows you time to shower, and makes sure you are taken care of. Some also offer overnight support.
- **Nanny/Childcare:** Finding someone who will help you take care of your baby if /when you return to work is so important. You want someone you trust so that you feel confident in your transition back to work.
- **Lactation Support:** Breastfeeding support groups are great for helping you attain breastfeeding goals. When more support is needed IBCLC or Lactation consultants can help you navigate any struggles with breastfeeding.



Thank You!

Let's stay in touch

Find more resources and downloads at:
womensintegrativehealthny.com/essential-doula/

More services and information can be found
at:
womensintegrativehealthny.com/holistic-birth-services/

Reach out to me at: wihny@yahoo.com or by
contacting me here:
<https://womensintegrativehealthny.com/contact/>

I look forward to hearing from you and helping you
with your team or in any way I can.

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