

# What Matters Most During My Prenatal Care?

Use this worksheet to think about the things that matter to you in the care you receive during pregnancy. Put a check in the box for each item based on how important it is to you. Visit [EveryMotherCounts.Org/ChoicesInChildbirth](https://EveryMotherCounts.Org/ChoicesInChildbirth) to find more resources about the options listed.

	One of my TOP PRIORITIES	IMPORTANT to me	NOT THAT IMPORTANT to me	Need to LEARN MORE*
<b>The Basics</b>				
An office that is close to my home or work				
The ability to reach my provider 24/7				
After-hours and weekend appointments				
An office that is a "one-stop shop" for all my care and services				
Affordable out-of-pocket costs				
<b>Style of Practice</b>				
A provider that gets to know me as a person				
The ability to meet everyone who might be a provider at my birth				
The option to participate in group prenatal visits				
The option to have video (tele-health) visits				
A practice that can take care of both me and my baby after birth				
Prenatal care with midwives				
The option to see doctors who specialize in high-risk pregnancy				
Care that includes and involves my partner or other family				



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<b>Communication and Shared Decision Making</b>				
Enough time with my provider to ask all of my questions				
Being actively involved in decisions about my care				
Online access to view my prenatal record and message my care team				
A provider who speaks my native language, or access to in-person translation services				
A provider who shares my ethnic or cultural background				
A provider who is the same gender as me				
Providers who are trained to care for people with emotional trauma				
<b>Write Your Own</b>				

★ Visit [EveryMotherCounts.Org/ChoicesInChildbirth](https://EveryMotherCounts.Org/ChoicesInChildbirth) if you need to learn more before deciding what's most important to you. You'll find videos and other resources and have the option to connect with a doula or educator to help guide you.

