

# Show Notes

## Episode 102

On today's episode, we discussed provider red flags. Provider red flags can be anything that makes you believe your provider might not be as supportive of the birth you desire as you originally thought. Unfortunately, this is not a complete list, so please follow your gut when deciding which provider is for you.



## Provider Red Flags

1. They use words like "let" or "allow".
2. They talk about your pelvis size or the size of your baby.
3. Providers talk about induction/interventions before there's a medical reason.
4. They don't like working with doulas.
5. The provider uses a VBAC calculator.
6. The provider hesitates to give their birth statistics.
7. The provider uses a "scare tactic" or a "bait and switch" approach.
8. You feel like you're going to have to fight to get what you want!

**If you find your provider falls into any of these categories, you can switch at any time. Remember they work for you!**

**To learn more about Omaha Better Birth Project, visit [www.omahabetterbirth.org](http://www.omahabetterbirth.org)**