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# Doctor, Midwife, Doula?

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Week 7 of 40

Activity

Have each spouse write 7 little love notes! Over the next week hide one note a day where you know your spouse will find it! Do it for longer than a week if you find that it is something you enjoy!




## Advice

Do you know what the difference is between a doctor and a midwife? Do you know what a doula is? If not do some research and find out!

There are lots of choices out there in terms of prenatal care! Make sure you chose something that is a good fit.

Don't forget to look into costs and what your insurance will pay for. Having a baby can be expensive!



## *Discussion Points*

- *Would you prefer and Doctor or a Midwife?*
- *Are you interested in hiring a doula?*
- *Next week the main topic will be about costs and insurance. Do you know what kind of coverage you have?*

*Tip: Try to find out what kind of coverage you have before next week so you can be prepared for discussion!*

## Goal

If you have not already, choose the kind of prenatal care you want for this pregnancy. Call and schedule your first prenatal visit!