

Birth Preferences

Mother:

Other Support:

Guess date:

During Labor:

During Birth:

After Delivery:

Pain Management:

Baby Cares:

In Case Of Transfer:

Birth Preferences

During Labor:

- Move freely
- Intermittent monitoring
- Labor in tub
- Eat and drink as I please
- Dim lighting
- Limited vaginal exams
- No numbers when talking about my cervix
- No membrane sweep
- Photos taken by my birth team
- No medication
- Natural water rupture

After Delivery:

- Pitocin vs no Pitocin after birth
- Immediate skin-to-skin/no blanket or hat for baby
- Delayed cord clamping
- No Pitocin unless necessary
- I will deliver my placenta
- I want baby to initiate the first latch
- I will save my placenta

Baby Cares:

- Delay newborn exam until initial latch or 2 hours
- No eye ointment/vitamin K or Hep B
- No circumcision
- No bath
- No Formula
- No pacifiers
- Baby will not leave room w/out a parent

During Birth:

- Push when I feel the urge
- Deliver in the position I choose
- Water birth
- I will catch my baby/ Dad will catch baby
- My partner will announce the baby's gender
- No episiotomy
- No perineal support from anyone (except maybe me) during pushing
- Spontaneous delivery of baby's shoulders

Pain Management:

- Massage
- Water Therapy
- Aromatherapy
- Hot/cold packs
- TENS machine
- Hypnobabies method/book
- My soundtrack
- Nitrous/epidural as a last resort if transferred

In Case of Transfer:

- Monitoring devices placed in unobtrusive areas
- Skin-to-skin with a parent right away
- Gentle Cesarean
- Vaginal swab
- Save placenta
- Doula and partner will accompany me in the OR if needed
- Clear drape or lowering drape