MY PREFERENCES FOR THE BIRTH OF MY CHILD

NAME__________________________________

LABOR
What would you like to do?
☐ Take a shower or bath
☐ Walk
☐ Sit in rocking chair
☐ Use Birth Ball
☐ Stay in one place
☐ Just lie quietly

WHO DO YOU WANT WITH YOU DURING LABOR AND BIRTH?
☐ Husband/partner Name_______________________
☐ Friends ____________________________________
☐ Family_____________________________________

DO YOU WANT TO TRY ONE OF THESE PAIN RELIEF METHODS?
☐ Massage
☐ Visualization
☐ Warm shower
☐ Hot or cold packs
☐ Birth Ball
☐ Squatting
☐ Kneeling
☐ Leaning
☐ Other_________________________________________
IF YOU WOULD LIKE PAIN MEDICATION-- DO YOU PREFER
- Pain medication in your IV or as an injection  (narcotics)
- Epidural/ Intrathecal
- Local anesthetic for any repair

WHAT DO YOU WANT TO USE IN YOUR LABOR ROOM?
- Music
- TV
- Video tapes
- Focal points such as your own photos or pictures
- Relaxation tapes
You should bring your own items (except for the CD/Tape player and TV)

DELIVERY
- My partner wants to cut the umbilical cord
- I want my partner with me if I have to have a C-Section
- I want a friend/ family member to take photos of my baby’s birth       (Don’t forget your camera)

AFTER DELIVERY
- I am planning on breast-feeding my baby
- I will need help/ information on breast-feeding
- I want to breast-feed my baby as soon as possible after birth.
- I want the nurses to know that it is OK to give my baby:
  pacifier    formula    water    I prefer nothing be used
- I want my baby with me:
  All the time       When I am awake       When baby is awake
  When baby is hungry
- I would like my partner to spend the night with me

OTHER THINGS I WOULD LIKE MY NURSES TO KNOW ABOUT ME AND WHAT I WOULD LIKE TO HAVE HAPPEN FOR MY BABY’S BIRTH
It is hard to remember all the details you plan on when you are having contractions. Take the time to think about what you want and write it down and share this with your partner, doctor and nurses. Remember this may be your ideal, but labor and delivery can be unpredictable. Stay flexible, but committed to enjoying this amazing event!