

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!