



BIRTH PREFERENCES

Client's name:

Pronouns:

DOB:

Phone:

Address:

Partner's name & Phone:

Provider:

Delivery Location:

Estimated Due Date:

Sex of baby:

Please note:

- Specific concerns or fears about the birth:

Pregnancy history:

GBS:

Complication in pregnancy:

Birth is planned as:

IV preferences:

Others present:

Placenta:

- I want to see it
- I plan to keep it
- Do not let me see it



Labor atmosphere:

- Music
- Dim lights
- Quiet
- Wearing own clothes
- Photos taken
- Able to eat & drink

Labor vision:

- Standing up
- Laying down
- Moving
- In the shower
- In the bath

Labor augmentation:

- Pitocin
- Nipple stimulation
- AROM
- Only if baby is in distress
- Whatever provider recommends

Pain management

- Guided breathing
- Massage
- Meditation
- Epidural
- Aromatherapy
- Nitrous Oxide
- TENS Unit
- Hot or cold compress
- Affirmations

Aromatherapy

- Preferred scents:
- Scents to avoid:

Affirmations

- Mantras that resonate:

Pushing position:

- Standing
- Reclined
- Squat
- Side
- Use people for leg support
- Use foot pedals for support
- Use a birth bar
- Use a birthing stool

Perineal preservation:

- Prefer episiotomy
- Prefer to tear naturally
- Perineal massage
- Warm compress

Delivery phase:

- Choose my own position
- Position how provider prefers
- Use a mirror to see the baby crown
- Touch the head as it crowns
- Let the epidural wear off while pushing
- Have an extra dose of epidural
- Have pictures taken
- Avoid forceps/vacuum
- Push spontaneously
- Push as directed
- Push without time limits



Immediately after delivery:

- I would like delayed cord clamping
- I plan to bank or donate cord blood
- My partner will cut the umbilical cord
- I will cut the umbilical cord
- I want to see the placenta
- I would like skin-to-skin before anything else

If a cesarean section is necessary or chosen:

- CTo stay conscious
- My partner to stay with me the entire time
- The screen lowered as baby comes out
- To push as baby comes out
- The doctor to narrate what's happening
- A quiet environment
- A casual environment with chatting
- Music playing
- My hands left free so I can touch the baby

Newborn procedures:

- Given only after we've bonded/during skin-to-skin
- To include:
 - Hepatitis B vaccine
 - Vitamin K shot
 - Eye ointment
- Do not bathe baby

Circumcision:

- Not to be performed
- Be performed with anesthesia
- Be performed later
- Be performed without anesthesia

Avoid giving baby:

- A pacifier
- Formula

Feeding baby:

- I plan to breastfeed only
- I plan to pump
- Only formula
- Supplement with formula
- Supplement with donor milk if available
- I would like to see a lactation specialist

Key goals & notes:

