

Birth preferences



Example:

Name:

Estimated due date:

Birth partner:

Birth partner's phone no:

Preferred birth place:

Important information:

Do you have any medical conditions?

Any past birth/pregnancy experiences you'd like your team to be aware of?

You could include that you'll be using hypnobirthing techniques

My environment:

Do you want to be left alone when possible?

Lights dimmed?

Music playing?

Do you have any personal items to put out?

Is there certain language you'd like care providers to use/avoid?

Student midwives allowed or not?

Comfort/pain relief:

Is there any non medical pain relief you'd like to use? (e.g. TENS machine/hot water bottle/breathing/massage/birth pool/bath)

Any medical pain relief you'd like to try/avoid?

Would you like to be offered pain relief or wait until you ask for it?

Monitoring:

Are you happy to accept vaginal examinations?

Would you like to avoid/keep to a minimum?

Are you happy for baby's heart rate to be monitored?

Would you prefer wireless monitoring if possible to be free to move around?

Birthing/second stage:

Please remind me to use my birth breathing

Do you want to listen to your own body to know when to push?

Are you happy to have 'coached' pushing or would you like to avoid if possible?

Any positions you'd like to try/avoid/be encouraged to use?

Do you want to be in a birth pool if available?

Third stage and afterwards:

Do you or your partner want to be the first to touch baby?

Who do you want to announce sex of the baby if unknown?

Do you want to birth the placenta naturally or have the injection?

Skin to skin - Do you want to delay weighing/cleaning immediately for uninterrupted skin to skin?

Partner to have skin to skin if I'm unable to for any reason

Delayed cord clamping - do you want to wait for cord to stop pulsing?

Who do you want to cut the cord?

Are you happy for baby to have the vitamin K injection?

How do you plan to feed baby?

Additional preferences



Example:

Induction preferences:

Do you have any additional preferences if you were to have an induction?

Are there any of the above preferences you'd still like if possible (e.g. wireless monitoring/birthing pool)

Do you have a preferred method to try first (e.g. a sweep)?

Instrumental birth preferences:

Do you have any additional preferences if you were to have an instrumental birth?

Are there any of the above preferences you'd still like if possible (e.g. how you'd like your environment, who announces sex of baby, immediate skin to skin, delayed cord clamping etc.)

Caesarean preferences:

Do you have any additional preferences if you were to have an caesarean? Have you looked into options for gentle caesareans?

Are there any of the above preferences you'd still like if possible (e.g. music playing, language used, who announces sex of baby, immediate skin to skin in theatre, delayed cord clamping)

Although these may not be your ideal birth scenarios (they may be first choice for some people!), it is helpful to think about how you can make them as positive as possible if they were to happen. This will be helpful when it comes to making decisions as you will have already thought about all options.

Additional notes:

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Induction preferences:

Instrumental birth preferences:

Caesarean preferences:

*Thank you for
your help
and support!*

Additional notes: