



BIRTH PREFERENCES



basics

Birth Mother: _____

Birth Partner/s: _____

Additional Individuals:

- Doula
- Photographer
- Videographer

Name/s: _____

Number of babies

- Single
- Twins
- Triplets
- Other:

Sex of baby:

- Male
- Female
- Unknown

Place of birth: _____

environment

WE WOULD LIKE...

- Dim lights
- Normal lighting
- sshhh... quiet please
- Talk away
- Student midwives welcome
- No student midwives
- Relaxation music
- Affirmation cards visible
- UFO cards visible
- Aromatherapy
- Birth ball
- Open space

language

WE PREFER...

- Surges
- Waves
- Contractions
- Push baby
- Breathe baby down
- "You have reached..."
- "Would you like..."
- "You need..."

labour

- Freedom to move
- Eat
- Drink
- Follow my body's lead
- Vaginal examinations OK
- No Vaginal examinations
- Breathing techniques
- Guide my breathing
- Shower/ Bath
- Privacy please
- Rest/ Sleep
- Guide my positioning

labour relief

- No labour relief thank you
- Please ask me before giving any labour relief options
- Natural labour relief ONLY
- Paracetamol
- TENS machine
- Gas and Air
- Birth Ball
- Birth Pool
- Shower
- Hot water bottle
- Heat pack
- Pethadine
- Epidural

transition to birth of baby

- Leave me to breathe baby down
- Coach me to push baby down
- I would like to lay on the bed
- Follow my body's lead for positioning
- Vaginal examinations OK
- No vaginal examinations
- Reassure my progress
- I want to guide baby Earthside
- Birth Partner to guide baby Earthside
- Birth Professional to guide baby Earthside
- Delayed Cord Clamping

post birth

- Skin to skin immediately
- Do NOT rub baby
- Do NOT wipe baby down
- Wipe baby down
- Privacy please
- Check baby immediately
- Vitamin K orally
- Vitamin K injection
- No Vitamin K
- Physiological birth of placenta
- Sytocinon/ Syntrometime for placenta birth

Placenta encapsulation

induction

- Membrane Ruptures to happen naturally
- Artificial Membrane Ruptures OK
- Discuss my opinions
- Give as long as possible for body to progress with labour
- Minimal monitoring

caesarean

WHERE POSSIBLE...

- Screen lowered
- Screen up
- Commentate the birth
- Leave me in peace
- I want to see my baby being born
- Skin to skin
- Complete all checks before giving me baby
- Minimal talking
- Dim lights
- Relaxation music

please note

We understand and respect that all the items outlined in this birth preference may not be applicable, however we would like to request those that can be met, do so. Ideally, as a birthing person, I prefer not to be disturbed unless necessary and so request you speak to my birth partner, who is my advocate.

Please ask my permission- my consent is important.