



Birth Preferences

For labor and delivery

Birth Preferences are a guideline for those on your birth team to understand how they can best support you. By making informed decisions, you will increase your chances of a positive birth experience!

Early Labor

- I plan to stay home as long as possible
- I plan to go to the the birth location as soon as possible
- I plan to avoid induction unless medically necessary
- I am open to induction for non-medical reasons
- I plan to have a doula present for my labor
- I plan to have my labor photographed

Active Labor

- I plan on eating and drinking my during labor
- I plan to discuss any and all interventions with my team
- I prefer not to be offered pain medications
- I do plan on using some form of pain medication
- I would like an environment that promotes comfort
- I would like access to a birth ball and peanut ball

Birth

- My partner or myself will catch the baby
- My partner or myself will announce the sex of baby
- My partner or myself will cut the cord
- I prefer to decline or delay Pitocin after birth
- I want delayed cord clamping and cutting
- I would like to birth my placenta without pulling

At the Birth Location

- I prefer minimal cervical exams with consent only
- I plan to move around freely during labor
- I prefer wireless or intermittent monitoring
- I plan to labor and/or birth in the tub or shower
- I prefer a saline lock rather than an IV
- I prefer no IV or lock unless medically necessary

When Pushing

- I plan to push when and how I feel I should
- I'd like to be coached on when and how to push
- I'd like to use a mirror to view my baby's birth
- I'd like to feel my baby's head as it crowns
- I prefer NO episiotomy unless medically necessary, ask first

Immediate Postpartum

- I want immediate skin-to-skin after birthing my baby
- I plan to encapsulate my placenta
- I would like to see my placenta
- I plan to delay bathing and measuring to bond/feed
- Please evaluate baby on my chest and in my presence
- My partner or myself will be with our baby at all times



Birth Preferences

Continued...

Nursing & Skin-to-Skin

- I want to allow my baby 60 minutes before forcing BF
- I want my baby to attempt the breast crawl w/o help
- I want assistance with my baby's first latch
- I want my baby checked for tongue or lip ties
- I want a lactation consultant to visit me at the hospital
- I prefer NO supplements unless medically necessary

Newborn Procedures

- I do not plan to have my baby bathed at the hospital
- Please ask before doing any procedures on my baby
- Please ask before giving any medications to my baby
- Vitamin K Shot to help blood clot and prevent bleeding
- Eye ointment (erythromycin) to prevent infection
- Hep B Vaccine to prevent from unknown carriers
- I prefer no newborn medications
- I prefer no circumcision

Cesarean Prep

- I'd like a non-drowsy anti-nausea med if possible
- Please explain the surgery to me before it happens
- Please explain the surgery to me while its happening
- I want my partner and doula with me continuously
- Please place electrodes on my back for skin-to-skin
- Please place the IV in my non-dominate hand

Belly Birth

- Have the surgical team introduce themselves
- Have my music or hypno-tracks playing in the OR
- I want photos taken in the OR to remember my birth
- Conversations in the OR should be focused on birth
- Please explain all medication before given
- Please place the drape below breast for skin-to-skin
- Please use a clear drape if possible
- Please lower the drape to allow me to view the birth
- Please collect vaginal discharge to promote flora
- Skin-to-skin immediately

Following Cesarean

- My partner or myself will announce the sex of baby
- If I cannot have skin to skin, my partner would like to
- Keep the cord long for partner to cut
- I would like to see the placenta and the cord
- I would like to initiate breastfeeding in the OR
- I want to be with my baby at all times if possible

Post-Op Recovery

- I would like alone time with baby for bonding & feeding
- I prefer my baby to be with me at all times
- If baby must go to NICU, partner will follow
- If baby can go to the nursery, then I would like time to rest
- I would like to be up and walking as soon as possible
- I would like to be able to use the restroom when needed
- I would like to eat and drink on my own as soon as possible