

Birth Wish List

BIRTH PARENTS NAME: _____

PARTNER'S NAME: _____

SUPPORT PERSON: _____

PHYSICIAN: _____

PLACE OF DELIVERY: _____

THE FOLLOWING INFORMATION INCLUDES OUR PREFERENCES FOR OUR UPCOMING LABOUR AND DELIVERY. WE FULLY UNDERSTAND THAT IN CERTAIN CIRCUMSTANCES THESE WISHES MAY NOT BE POSSIBLE, BUT IT IS OUR HOPE THAT YOU WILL ASSIST US IN MAKING THIS THE EXPERIENCE WE HOPE FOR. IF YOU HAVE ANY QUESTIONS, PLEASE LET US KNOW,

OUR PREFERENCE IS FOR A VAGINAL BIRTH AND BEING MOBILE TO HELP LABOUR PROGRESS, HOWEVER, IF CHANGES FROM OUR WISH LIST OCCURS, IF AN EMERGENCY OCCURS OR IF A CESAREAN BIRTH BECOMES NECESSARY WE WOULD LIKE TO BE KEPT INFORMED OF EVERYTHING THAT IS HAPPENING.

SINCERELY,

Birth Wish List!

FOR MY LABOUR I/WE ARE OPEN TO THE FOLLOWING:

Before Labour

- Stretch & Sweep to encourage labour at week: _____
- Vaginal exam at week: _____ to see where I am
- No vaginal exams until labour starts

Comfort Measures

- Tub or shower
- Birth ball
- Position changes
- Breathing
- Massage
- Music
- Dim lighting
- Visualization/meditation

Pushing & Delivery

- Try various pushing positions
- No time limit on pushing if baby is doing well
- Baby to go skin to skin immediately

During Labour

- I.V. Fluids
- Food & fluid by mouth
- Intermittent fetal monitoring
- Continuous fetal monitoring
- Use of pitocin to speed labour up
- Artificial breaking of the waters
- Epidural for pain management
- Prefer to tear to naturally
- Episiotomy - but wish to know before it is done
- Vacuum extraction if baby is in distress

After Delivery

- Delay of cord clamping for _____ minutes
- Delay of vitamin K & eye ointment for 1 hour

Feeding!

- Exclusive breast/chest Feeding
- Exclusive bottle feeding
- No pacifiers given
- Help with feeding when needed