

Gentle Journeys Birthing's Birth Preferences



Birth Attendant(s):
Birth Facility:

As long as there are no medical complications, these are our wishes for the birth of our _____.

ATTENDANTS AND AMENITIES

I'd like the following people to be present during labor and/or birth:

- Partner: _____
- Doula: _____

I'd also like to take pictures and/or film during the birth (labor) and pushing (delivery)

LABOR

Once I'm admitted, I'd like:

- My partner to be allowed to stay with me at all times
- To stay hydrated by drinking clear fluids instead of having an IV
- To walk and move around as I choose
- As long as the baby and I are doing fine, I'd like to have intermittent rather than continuous electronic fetal monitoring.
- When it's time to push, I'd like to do so instinctively
- I would like to try whatever position feels right to me at the time.
- As long as my baby and I are doing fine, I'd like the pushing stage to be allowed to progress free of stringent time limits.

PAIN RELIEF

I'd like to use the following pain-management techniques:

- Bath/shower, Breathing techniques/distraction, Massage, Hypnosis (Please don't offer me pain medication. I'll request it if I need it.)

I will be using Hypnobabies and will be in Hypnosis throughout my birth. Please speak only in the positive!

VAGINAL BIRTH

I'd like:

- To view the birth using a mirror
- To risk a tear rather than have an episiotomy
- My partner to help "catch" our baby
- I would like to delay the clamping of the cord until after it has stopped pulsing. Please wait at least **10** minutes.

After birth, I'd like:

- To hold my baby skin to skin right away, putting off any procedures that aren't urgent
- To breastfeed as soon as possible
- My partner to cut the umbilical cord after it has stopped pulsing
- No routine oxytocin (Pitocin).

THANK YOU!!!

We appreciate all of your help and we know that you will do everything possible to make the birth of our _____ the wonderful and amazing experience we know it will be.