

# Birth Choices

The birth of a child is one of the most important and profound events in the life of a family. The birth experience offers great potential for growth. Women who are educated about the birth process and who know they are in control of the birth environment, gain confidence in their ability to bear their children with power and dignity

This Birth Choices sheet is a way for us to understand you better and help you create the birth experience you desire. Please feel free to be creative and elaborate as much as you like. If we know both your fears and your wishes, it will help us individualize a birth experience for you and your family. Communicating your feelings honestly will help us create the best environment for you. Please understand you can change your mind about anything you have written at any time, even during your labor. One of the providers will review this plan with you during one of your prenatal care appointments and it will be attached to your prenatal record.

It is our hope your child's birth will be a wonderful and empowering experience.

Birth Choices For:

My support people are: (Names and how they are connected to you, friends, relatives etc)

## Help Us Get To Know You Better !

- ♥ If you have other children, are you planning for them to attend the birth?
- ♥ What prenatal classes have you attended (Include your instructor's name)
- ♥ Is there anything about your upcoming labor and delivery you are scared or uncertain about? How can we help you? *Please feel free to elaborate and list specific issues you may have. It helps us tailor our care to best help you.*
  
- ♥ How do you see your body's ability to labor and give birth? Do you feel prepared?

## Birth Choices

We invite you to bring items from home that will make you feel more comfortable.

Some suggestions are:

- ♥ Favorite pillow or stuffed shape
- ♥ Pictures or objects to provide a “focal point”
- ♥ CD’s or MP3 players (We have boom boxes w/ CD players in each room)
- ♥ Favorite robe & slippers

Our birthing rooms become “your room” for your labor and delivery. Feel free to dress comfortably in your own nightgown, stretchy clothes or a hospital gown. Be sure to bring whatever you would like to wear in the tub (sports bra, t-shirt etc) if desired.

We have available the following “tools” to help with labor discomfort. Please circle any you think you might be interested in using.

- ♥ Water Therapy
- ♥ Aromatherapy
- ♥ Massage
- ♥ Heated rice socks (as heating pads)
- ♥ Coaching for positioning and activity
- ♥ Coaching for meditation, focal point and mental imagery
- ♥ Music
- ♥ Pain medication through shots, IV’s or spinal injection (intrathecal)

Doula services are available round the clock for all our patients free of charge. You may choose to meet with a Doula prior to your labor or you may choose to have the “Doula-on-call” when you come in with labor. Circle your choice

- ♥ I would like to meet with a doula before my labor and delivery
- ♥ I might be interested in using the “doula-on-call”
- ♥ No, thank you

What are your feelings on episiotomy?

Do you have any preferences or limitations for birthing positions?

How involved in the birth would you like you support person(s) to be? (Circle any, all or list preferences)

- ♥ Cut cord
- ♥ Help with delivery if possible
- ♥ Skin to skin contact
- ♥ Anything else?

How can we help you greet your baby? (Circle any ,all or list preferences)

- ♥ Immediate breast feeding
- ♥ Immediate skin to skin contact
- ♥ Delay cord cutting
- ♥ Delay infant procedures
- ♥ Anything else?

### Post- Birth Choices

Can we assist you in monitoring phone call and visitors?

How do you plan to feed your baby?

Do you have any special requests or concerns regarding your baby's care in the hospital?

What are your thoughts about circumcision?

How long do you plan to stay in the hospital after the birth?

Are you interested in having a nurse visit you at home a few days after your discharge?

What plans have you made for help at home? Can we assist you with this?

Anything else you would like us to know about you, your wishes, fears, concerns etc that you have not already addressed?

Thank you for taking the time to share this important information with us!