



Planning for a Positive and Empowering Birth

Preferences for Birth - Sample Copy

— MIND AND BODY —
BIRTHING
Where the mind leads the body follows

Name:
Birth Partner's Name:

Birth Place Choice:

We wish to have a calm, quiet water birth with no intervention. We are using hypnobirthing for our birth and therefore the environment and language is very important to us.

Please note that we would appreciate it if you could avoid using the words "pain" or "contractions" and instead talk about "comfort" and "surges". I may describe the power and intensity of a surge but I do not wish to think about or feel pain.

PAIN RELIEF

Please do not offer me any pain relief during labour.

Please remind me of the tools I do have which include: my breathing techniques, relaxation audio tracks, the pool etc. These will all increase my comfort level.

POSITIONS FOR LABOUR AND BIRTH

I would like to be active and use positions that mean I am upright, forward and open (UFO) which facilitate an easier and quicker birth. I'd like to remain mobile throughout.

If I need to rest, I would like to use a birthing ball, stool or lean over the sofa/bed. In the pool I wish to be upright and leaning forward over the side, or on all fours. Do not ask me to spread my legs wide or lie down on my back as this is more likely to increase my risk of tearing. I wish to give birth in the pool.

THE GOLDEN HOUR & THIRD STAGE OF LABOUR

I wish to hold my baby undisturbed for at least one hour after birth

I would like my baby to receive all of his/her blood so wish to wait for the cord to turn completely white before cutting and have optimal cord clamping. My partner would like to cut the cord.

I would like to birth the placenta without any drugs and am only willing to accept the injection if there is a specific medical need. Please do not offer me the injection as part of "routine" or "policy".

I am / am not willing for my baby to be given vitamin K orally / as an injection after the Golden Hour following birth.

I wish to initiate natural breastfeeding after birth – do not give my baby formula.



Hypnobirthing Birth Preferences

Sample Copy

MONITORING

I wish to be as mobile as possible / in the pool so only continuously monitored if absolutely necessary.

If continuous monitoring is necessary, I would like to use wireless monitoring if this is available so that I can continue to move about.

I do not wish to be regularly examined to see how dilated I am unless it is absolutely necessary. I do not wish to have the membrane broken.

DOWN STAGE OF LABOUR

I do not want to be coached to push.

I would like to breathe my baby down so that he/she is born gently and calmly. I would like to follow the lead of my body and request no talking.

I would like to be able to bring my baby to my chest immediately after delivery. If it is not possible for me to hold my baby then I would like my baby to have skin to skin time with my birth partner.

It is important that the calm and intimate environment is maintained after my baby has been born as this helps with the flow of oxytocin which aids bonding and reduces the risk of excessive blood loss and PND.

OTHER IMPORTANT DETAILS

Allergies / phobias / previous birth history

Your wishes for an unplanned Caesarean

