

My Labor and Birth Wishes

A worksheet for talking with your provider

How to use this sheet

This handout will help you talk to your provider and support person about your needs and wants during labor and delivery. We suggest that you:

- Write down your preferences and review them with your pregnancy provider.
- Bring this sheet to the hospital for your birth. Give copies to your care team members and support person.

Remember, no one knows how your labor will unfold. Our top priority is the safety of you and your baby. We encourage you to talk with your care team throughout labor; stay flexible, as care needs may change for you and your baby.

My hospital care team

OB Provider: _____

Doula (Group Name): _____

Labor Support People (people in room):

1. _____

2. _____

I would like my baby's provider to be:



About us

My hopes for this birth: _____

My concerns about this birth: _____

Video recording and photography desires:

List any birth programs or classes you've had:

My labor preferences

For this section, please check all that apply.

Starting your delivery

- I'd prefer to let my water break naturally.

Birth environment

What I'd like in my room:

- Music
- Quiet
- Dim lighting

I'd like to try these comfort methods during labor:

- Breathing techniques
- Tub or shower
- Birthing tools (birth ball, peanut ball, squat bar, rocking chair, support chair or stool, etc.)
- Bringing a focal point from home (photo, stuffed animal)
- Massage and/or acupressure by support person
- Aromatherapy

Support

Is there other support or coaching you would like?

Drinking and eating during labor

Having food or drinks during labor may depend on many factors. We will talk to you about your wishes. We can provide water, tea, and light snacks (crackers, applesauce).

- I'd like to bring in my own beverages to help me stay hydrated during labor.
- I'd like to bring my own light snacks.

Pain control

- As my labor progresses, I'll decide whether to use pain medicine.
- I'd like an **unmedicated** birth. Please don't offer me any pain medicines.
- Please offer me these types of pain relief:
 - Hydrotherapy (bath, tub, or shower)
 - Nitrous oxide (inhaled gas)
 - Pain medicines through an IV
 - Epidural

Changing positions during labor

During labor, I would like to:

- Switch between moving and resting once in a while during labor.
- Change positions and use birthing tools to help support my labor.
- Use positions I learned while preparing for birth.

Moving while monitoring your baby

Check the options you'd like us to discuss with you. Some options will depend on your pregnancy risk factors.

- Intermittent auscultation:** I'd like to move around freely, while my baby's heartbeat is periodically checked.
- Telemonitoring (wireless):** I'd like to move around freely, while my baby's heartbeat is constantly monitored.
- If I need an IV, I'd prefer to have a saline lock, if able, so that I am not connected to the IV pole.

When I push

- Once I'm fully dilated, I'd like to push when and how I feel I should.
- I'd like to decide whether to be vocal or quiet when pushing.
- I'd like to be coached on when to push and for how long.
- I'd like to pick the position I push in (side lying, hands and knees, squatting).

My expectations for delivery

- I'd like a mirror to see my baby's head.
- I'd like to touch the baby's head as it emerges.

If I have a c-section

- I'd like a support person to be in the room with me.
- Please lower the drape so I can see and interact with my baby after the birth.
- I'd like to start breastfeeding (nursing) in the operating room.

If I need blood products

There is a chance you may need blood during your stay. Please talk to your care team about whether you'd be open to receiving blood.

- I will accept all blood products.
- I'd like to discuss my wishes about blood products with my provider.
- I will NOT accept any blood products.

After your baby is born

Baby's first moments

- I'd like to hold my baby skin-to-skin right away after delivery.
- I'd like my baby to be placed on my belly and dried before skin-to-skin contact.
- I'd prefer to have my baby swaddled and given to me.
- If my baby needs medical treatment in another room, such as the NICU, I'd like my partner or support person to go along.

Umbilical cord

- I'd like my partner or other support person to cut the umbilical cord. (Note: We usually delay cord clamping to give your baby extra health benefits.)
- I plan to store my baby's cord blood in a private cord blood bank.
- I would like to take my placenta home with me (please discuss this with your provider).



Feeding my baby

What I plan to feed my baby:

- My breast milk
- Formula
- Both breast milk and formula
- Donor human milk

What I'll do if my baby needs extra nutrition:

- I will give formula.
- I prefer to give donor human milk.
- I have these concerns about feeding my baby:

Support for feeding

- I'd like to have extra breastfeeding support while I'm in the hospital.

Baby's care in the hospital

- I'd like to delay weighing and measuring. This will give me time to feed and bond with my baby.
- I would like my baby to have these standard treatments (typically done more than 1 hour after birth):
 - Vitamin K injection
 - Antibiotic eye ointment
 - Hepatitis B vaccine
- I'd like my baby bathed during my hospital stay.
- I'd like to be present whenever my baby is evaluated.
- Please check with me before offering my baby a bottle or pacifier.
- Please explain all procedures and medicines to me before giving them to my baby.
- If your baby has a penis:** I want my baby to have a circumcision done at the hospital, if available.

At home with baby

- I'd like a home care visit for me and my baby.
- If available in my area, I would like to meet with a lactation consultant for breastfeeding support after I am discharged from the hospital.