

# My Preferences for Labor and Birth

## A Plan to Guide Decision Making and Share with My Care Team



Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Due Date: \_\_\_\_\_ My Provider: \_\_\_\_\_ Pediatrician: \_\_\_\_\_

I do not have any Preferences for my labor, birth, or newborn care.

Tell us what is most important to you and your support team / person during birth: \_\_\_\_\_

### Which options will make you the most comfortable?

#### Environment

- I would like to wear my own labor gown.
- I would like aromatherapy during my labor.
- I would like for the lights to be dimmed.
- I would like to play my own music during labor.
- I would like the room to be as quiet as possible.

#### Monitoring

If it is safe for me and my baby, I am interested in:

- Intermittent (on and off) monitoring
- Wireless monitoring

#### Labor Preferences

If it is safe, I would like to be able to move around during labor.

I want to try the following options:

- Birthing ball
- Recliner
- Warm Shower
- Squat bar

#### Pain Management

- I would like anesthesia.
- I would not like anesthesia offered to me unless I ask for it.
- I am unsure if I would like anesthesia and would like to discuss available options.

#### For a Vaginal Birth, I would like:

- To push in positions that are comfortable for me and safe for my baby.
- For \_\_\_\_\_ to cut the umbilical cord.
- For one of my support people to take pictures of the birth.
- For my baby to be put directly on my chest after birth.
- To start breastfeeding my baby soon after birth.

#### If I have a Cesarean Delivery (C-Section), I would like:

- One of my support people to hold the baby after birth if I am not able to do so.
- I would like the drape to be lowered so I can see my baby right after birth.
- I would like music to be played in the operating room (OR) while my baby is being delivered.

#### Postpartum/Newborn Care

I am planning on (Check all that apply):  Breastfeeding  Using Donor Breast Milk  Formula feeding

- I have questions about breastfeeding and would like more information from my care team.
- If my baby is a boy, I would like him to be circumcised at the hospital.
- I would like all newborn screening and procedures done at my bedside whenever possible.

#### Other Preferences I am interested in: