....'S BIRTH PREFERENCES

DUE DATE: ../../..

MEDICAL ALLERGIES LISTED HERE

МОМ

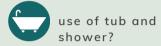
DAD

DOULA

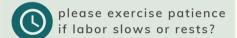
MEDICAL HISTORY LISTED HERE

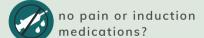
1ST STAGE

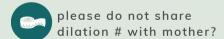








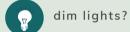




2ND STAGE



necessary personnel only?





no epidural?

no IV (saline lock if needed)?

no continuous external or internal fetal monitoring?

no episiotomy (would prefer to tear naturally)?

3RD STAGE



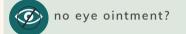
delayed cord clamping (after pulsing stops)?

delayed exams for bonding (2 hrs)?

syntocin only if necessary?

natural delivery of placenta?

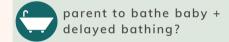
NEWBORN CARE













NOTES

We have been preparing for a natural birth and our focus is on a calm and joyful birthing experience.

We appreciate your support in helping us to create a calm and quiet environment at all times.

Please use soft voices, dim lights and keep exams to a minimum.