

.....'S BIRTH PREFERENCES

DUE DATE: ../../..

MEDICAL ALLERGIES LISTED HERE

MEDICAL HISTORY LISTED HERE

.....
MOM

.....
DAD

.....
DOULA

1ST STAGE



free movement?



use of tub and shower?



limited cervical checks?



please exercise patience if labor slows or rests?



no pain or induction medications?



please do not share dilation # with mother?

2ND STAGE



free choice of position?



necessary personnel only?



dim lights?



calm playlist?



no epidural?



no IV (saline lock if needed)?



no continuous external or internal fetal monitoring?



no episiotomy (would prefer to tear naturally)?

3RD STAGE



immediate skin to skin?



delayed cord clamping (after pulsing stops)?



delayed exams for bonding (2 hrs)?



syntocin only if necessary?



natural delivery of placenta?

NEWBORN CARE



no eye ointment?



no Hep-B vaccination?



exclusively breastfed?



baby close to mom?



parent to bathe baby + delayed bathing?



yes to vitamin k?

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.