Birth Preferences

Parents:

Doula:

GBS Status:

Blood Type:

Current Medications:

Mother’s Allergies:

Doctor:

*We’re the*  *family, and we’re so happy to be birthing at*  *, and so glad that you are helping us meet our little baby.*

*Thank you for all that you do!*

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| **Environment**  *Please help us keep the room restful by:*  - closing the door;  - dimming the lights;  - minimizing noise. | **Pain Management**    *Please help us remember to try:*  - walking or slow dancing;  - using the shower or tub;  - using birth ball or massage.  *Unless medically necessary, we’d prefer:*  - intermittent external fetal monitoring;  - to avoid IV fluids for as long as possible (using a hep-lock between Penicillin doses) to maintain free movement, nourishment and hydration by mouth;  - to wait until mother asks for: pain medication, pitocin, or to have bag of waters broken manually  - to work to keep mother’s perineum intact |
| **In Case of Emergency Cesarean**  *Please help us:*  - ensure father is present;  - attempt breastfeeding as soon as possible and not to have sleep inducing medicine if possible;  - have father stay with baby if separation from mother is necessary, encouraging skin to skin contact with father. | **Newborn Care**  *Unless Medically necessary, we’d prefer:*  - delayed cord clamping (until after pulsing stops);  - delayed administration of vitamin K and eye drops for one hour;  - infant placed skin to skin on mother’s abdomen for initial newborn exam and to encourage early breastfeeding;  - to avoid pulling on the cord to aid placenta delivery;  - father and baby to room in with mother;  - baby to not be bathed, offered any formula, sugar water, or pacifiers;  - placing baby on mother’s chest with blankets if warming baby is needed.  We’d also like to see a lactation consultant before leaving the hospital. |