

MY WISHES FOR CHILDBIRTH - MOTHER'S NAME

Attending Birth: Father: **FATHER'S NAME** & Doula: **BRIDGETTE BECKER**

PRE-LABOR

- I prefer to go into labor naturally and do not wish to be induced.
If induction becomes necessary, I would like to be encouraged to try natural induction methods .
- I prefer no internal exams, unless deemed necessary.

LABOR & DELIVERY

- I prefer to labor & deliver without any medication or drugs.
- Please encourage me to change positions for comfort & progress during labor.
- I prefer to eat & drink as desired during labor
- Only require staff to be present in delivery room, please.
- I prefer only intermittent external monitoring, when necessary. Wireless, if possible.
- I prefer no episiotomy, unless absolutely required for baby's safety and would like perineal support, massage, or hot compresses to help avoid a tear.
- Preferably, no vacuum or forceps will be used.
- I prefer to try all natural options before considering a c-section

POST PARTUM

- Immediate skin to skin contact
- Delayed cord clamping, until after cord has stopped pulsating.
- Father to cut cord
- All cleaning, measurements, assessments of baby is to be done while baby is on my chest. Please do not separate me from my baby.
- Weights and measurements would, preferably be done no less than 2 hours postpartum, giving me, the baby and my husband time to bond.
- Doula (Bridgette Becker) will be taking the placenta when she departs from the hospital. It will be consumed by me. Please do NOT take placenta to pathology, to insure it is fit for consumption.
- Breastfeeding to be established, as soon as baby is ready.

BABY

- We have chosen to **decline**: eye ointment, Hepatitis B shots, Vitamin K shots (oral options?)
- We will consent to: Hearing Testing
- Baby is not to leave mother's room without mother/father accompanying.
- Please **DO NOT** offer baby formula, pacifiers, artificial nipples, sugar water

IN CASE OF EMERGENCY C SECTION

- I prefer to be given a spinal/epidural for pain management.
- Immediate skin to skin with mother. If not possible, father will initiate skin to skin
- I would prefer to be assisted, if needed, with nursing baby, if the baby decides they are ready to nurse while I am being sewn/etc.

IN THE EVENT OF A NECESSARY SEPARATION OF MOTHER/BABY

- Baby will stay with father, Doula to be allowed to stay with mother

Thank you for any and all support you may be offering during this time.