

Brith Preferences

Hospital birth



NAME

PRE-ADMISSION HOSPITAL

- natural induction methods until 42 weeks and maybe beyond, unless there is a medical emergency
- only natural means of inducement
- to remain at home for as long as possible before being admitted to the hospital

DURING BIRTHING

- Allow for our baby to emerge physiologically and to follow the prompts of my own body through mother directed breathing and bearing down, no coached pushing prompts!
- Remain in tub for water birthing if available
- Hands off the perineum at all times
- Make a birth video birth photos
- Use of mirror to enable me to see crowning and birth.

AT HOSPITAL ADMISSION

- A private birthing room with subdued lighting and drawn drapes for both labor and birthing
- to bring a portable speaker and have soft, lulling music in background
- to speak about comfort level in stead of pain levels as an indicator of how I am doing, not as an invitation for pain medication.
- To have present during my birthing:
 - husband /partner
 - relative / doula

OUR BABY

- Discuss any standard procedures that are performed on baby before they occur. Only gentle wiping or drying of our baby
- Allow for complete birthing before suctioning
- Father to remain with baby in the event of a surgical procedure
- Immediate breast feeding to assist in natural placenta expulsion.
- Bonding time; 1-2 hours uninterrupted Skin to Skin after the birth with one or both parents.

THINNING & OPENING FACE

- To be fully apprised and consulted before the introduction of any medical procedure.
- Not offer any analgesics. We are hoping for a medication free birth but reserve the right to ask for something if I change my mind.
- Have labour to progress in its own time.
- To have no time limits placed on me if my baby and I are doing well.
- To take fluids and light foods, including juices, herbal tea, broth, toast, crackers.

OUR PLACENTA

- No cord traction, Pitocin, or manual removal of placenta unless there is emergency
- Allow up to 60 minutes if necessary for natural placenta delivery
- Wait until the cord has stopped pulsating before the cord is cut
- Uterine massage to assist birth of placenta.
- Natural nipple stimulation to assist in birth of placenta.
- To keep my placenta, I have a cool bag for this

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BIRTH ENVIRONMENT

We are planning for a specific birthing environment, which includes;

- Dimming the lights
- Keeping conversation quiet and limited
- Playing music or relaxation tracks of our choice
- Displaying birth affirmations
- Diffusing essential oils
- Taking photos or video.

OTHER WAYS TO SUPPORT US

Some other ways you can support us are:

- Refer to contractions as surges when possible
- Refrain from using the word pain
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- Explain the complete range of risks and benefits of any suggested procedure to us then give us space to discuss and make a decision.
- Only necessary hospital staff or cheerful observers, please.
- No students to be present

PLEASE DEMONSTRATE OR TEACH ME THE FOLLOWING

- Proper bathing of the baby
- Taking baby's temperature
- Using a breast pump
- Normal sleep patterns
- Umbilical cord care
- Breastfeeding techniques
- Calming the fretful baby
- Other requests

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