

Brith Preferences

Home birth



NAME

BEFORE BIRTH STARTS

- Natural induction methods until 42 weeks and maybe beyond, unless there is a medical emergency.
- Only natural means of inducement
- Stay with the two of us / our family for as long as possible before calling in your assistance and you to join us.

DURING BIRTHING

- To allow for our baby to emerge physiologically according to the Natural Expulsive Reflex
- To follow the prompts of my own body through mother directed breathing and bearing down, no coached pushing!
- Assume a birthing position of choice & be free to move around
- Father to help "receive" the baby

AS BIRTH STARTS

- Make sure we have privacy. Kids/dogs present/to caretakers.
- Play soft, lulling music in background / to have no harsh or distracting sounds around
- No discussion on pain tolerance and pain levels
- To have the following persons present during my birthing:
 - husband / partner / kids
 - relative, other birthing companion, Doula

OUR BABY

- Discuss any standard procedures that are performed on baby before they occur.
- No suctioning of baby
- Your patience while we give our baby the opportunity to do the breast crawl and self-attach
- I will have frozen colostrum in case my baby needs it and wish for this to be given to my baby before considering alternative options.
- We decline Vitamin K

THINNING & OPENING FACE

- Honour need for quiet and refrain from references to "pain", "hurt".
- The possibility to rest when labour rests. We understand that labour can rest at times and want to honour the natural flow of labour.
- For my membranes to remain intact until they release naturally
- To also have no vaginal exams
- To use natural oxytocin stimulation in the event of a stalled or slow labor

OUR PLACENTA

- Allow up to 60 minutes if necessary for natural placenta delivery
- No cord traction, Pitocin, or manual removal of placenta unless there is emergency
- We would like a half lotus birth
- lotus birth / we would like a half lotus birth
- Natural nipple stimulation to assist in birth of placenta.
- To keep my placenta

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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
- Explain the complete range of risks and benefits of any suggested procedure to us then give us space to discuss and make a decision.

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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