

Birth Preference Template

Parents:

Our address:

Our Care Providers:

Our Doula:

Opening statement:

Use this as an opportunity to positively thank your care team for taking the time to read through your birth preferences. A short one or two sentences on what you are hoping for (example: We are hoping for a hands off birth without unnecessary interventions). Explain what you have done to prepare for birth (classes, own research, hiring of a doula). Thank them for their support for your wishes and explain that you understand that birth is unpredictable and if you would like options explained to you..

IMPORTANT THINGS TO KNOW ABOUT ME

Mention any allergies, things that may affect your labour, whether you have gestational diabetes, high blood pressure, gbs status..

VAGINAL EXAMINATIONS

Are you okay with exams? Student performing exam or midwife/dr only? Do you want to know how far dilated you are?

FETAL MONITORING

Would you like continuous fetal monitoring? Or intermittent?

PAIN MEDICATION & FATIGUE MANAGEMENT

What pain medications would you like to use if at all? Would you like pain medications to be offered to you or only if you request it? Would you like to use a TENS machine?

INDUCTION | AUGMENTATION

When are you open to being induced? Would you like to wait to naturally go into labour or are

open to induction when suggested by health care team?

When in labour - are you okay with augmentation if "Labour Slows" or allow the body to proceed in its own rhythm?

ANTIBIOTICS

Are you okay with antibiotics being used? Only if GBS positive?

PLEASE REMIND ME

Anything you want to be reminded of? For example - dad catching the baby. Mirror for pushing.

PUSHING

What position would you like to push in? How long are you comfortable pushing for so long as mom and babys stats are okay?

The Maya's Nest

UMBILICAL CORD

Who cuts the cord? Will you do delayed cord clamping, and if so - how long for?

PLACENTA DELIVERY

Managed or unmanaged third stage? Will you be keeping the placenta? If encapsulating your placenta, please let me know who to contact to let them know they can pick up the placenta.

IMPORTANT INSTRUCTIONS FOR BABY

Skin to skin right away? Would you like to delay the newborn exam or whenever the care team would like to do it?

Do you consent to the Vitamin K Shot, PKU test and antibiotic eye ointment?

BREASTFEEDING

Would you like to breastfeed? Would you like to see the hospital lactation consultant as soon as possible? Are you open to formula supplementation or would you rather it not be offered unless medically necessary?

BIRTH IN THE OR (FORCEPS OR CESAREAN)

- Who would you like to be in the OR with you? Typically this is your partner, but you can request for the added support of your Doula.
- Would you like Delayed Cord Clamping or Cord Milking?
- Skin to skin contact?
- In case of needing to be separated from baby, who will stay with baby and who will stay with you? You can request to have your doula go to the recovery room.