

## Our wishes for Childbirth

**Mother: Amanda**

**Father: Chris**

### **To the medical staff attending our birthing:**

We look forward to sharing our upcoming birth with you and value your support and expertise. In hopes of promoting healthy communication we have created the following birth preference to help you help us achieve our birthing goal.

The “Goal” being: a natural birth with as little intervention as possible. We would appreciate being assigned a nurse who is familiar with and enjoys working with couples that have prepared for a natural birth. We would prefer that no students, interns, residents or non-essential personnel be present during the birthing.

We strongly prefer a vaginal delivery. We fully understand that certain circumstances may prevent us from being able to give birth by these guidelines. In the event of an emergency situation with either baby or mommy, we are happy to discuss any measures deemed medically necessary **prior** to their implementation; and in the event of a normal birth as we have prepared and suspect this will be, we prefer the following:

- Mother would like to wear her own nightgown that opens in the front for easier breast-feeding.
- We would like to be free to move around and change positions throughout labor.
- Mother prefers not to have an IV unless absolutely necessary.
- We would prefer wireless or Doppler monitoring and to be used at minimum.
- Mother would like to be able to have fluids and or light snacks throughout the first stage of labor.
- Mother would prefer to keep vaginal exams to a minimum and not to be informed of her progress in dilation.
- We would like the ability to use alternative relaxation and pain relief methods, including herbal therapy, homeopathy, and aromatherapy and to control the environment including lighting, temperature, and music. We understand if some of these alternative requests aren't available.

### **Labor Augmentation/Induction**

- We would prefer changing positions and other natural methods (walking, nipple stimulation) before the use of synthetic medicines.

### **Delivery**

- We would like to be allowed to choose the position in which mommy gives birth.
- Mother would like to use perineal massage or compress' to help avoid the need for an episiotomy... unless absolutely required for baby's safety.
- We prefer to use “**Mother Directed**” pushing but would appreciate guidance from the Midwife at crowning as when to push and when to stop pushing so the perineum can stretch more effectively.
- If possible we would like the father to "Catch" the baby.
- **It is the Mother's greatest desire to have the Baby placed on her stomach/chest immediately after delivery.**

### **Immediately After Delivery**

- We prefer that the umbilical cord not be clamped or cut until it stops pulsating.
- Daddy would like to cut the cord when it has stopped pulsating.
- We prefer keeping baby placed, “**skin to skin**” to promote a healthy attachment bond.
- Mommy would like to hold Baby while she delivers the placenta and would appreciate it if the evaluation can be done with baby still on mommy’s abdomen.
- If baby must be taken from mama to receive treatment, the father will accompany baby at all times.
- We would like to delay the eye medication for Our Baby until a couple hours after birth.
- On behalf of our personal beliefs we would like to have the placenta preserved to be taken home.

### **Postpartum**

- Unless required for health reasons, We do not wish to be separated from Our Baby. We would like to have “**room in**” accommodations.
- We prefer that baby get no bath just a light wipe down and the vernix gently massaged into skin and if possible have daddy do this.

### **Breastfeeding**

- Mother plans to breastfeed baby and would like to begin nursing very shortly after birth.
- Unless medically necessary, We do not wish to have any bottles given to Our Baby (including glucose water or plain water).
- We do not want Our Baby to be given a pacifier.

### **\* In the event our baby is unwell \***

- A parent should remain with the baby at all times.
- The baby should only be fed breast milk. Absolutely no formula without parents consent.
- Even if our baby is premature, there will be no period in the nursery. Rooming in to be immediate and continuous unless there is genuine problem with the baby and informed, written consent is obtained from the parents for treatment of the baby.
- Kangaroo care and as much skin to skin contact with parents as possible while the baby is unwell.

### **Cesarean**

- **Unless absolutely necessary, we would like to avoid a Cesarean.**
- If a Cesarean delivery is indicated, we would like to be fully informed and to participate in the decision-making process.
- The father should be present at all times if Baby requires a Cesarean delivery.
- **So mommy can view the birth, she would like the screen lowered just before delivery of Baby and it would be greatly appreciated if the procedures were dictated to her while the surgery is in process. This will help her to feel less isolated and discouraged.**
- If Baby is not in distress, Baby should be given to the mother or father immediately after birth.