



BIRTH BEAT'S BIRTH PREFERENCES TEMPLATE



Hi, I'm Edwina - Your Online Registered Midwife!



I'm a Registered Midwife and Emergency Nurse. I am also the Founder of Birth Beat, a wife and proud Mumma of two. I have worked with thousands of parents to help them prepare for their best birth and early parenting journey.

I know that the lead-up to childbirth is a time of mixed emotions. You may be feeling excited to meet your baby, but nervous of the unknowns.

You may also be feeling overwhelmed with what feels like a never ending to-do list from the moment you find out you're pregnant...

Booking appointments, learning new terminology and getting educated - there is so much! That's why I'm sharing this FREE template with you to help out just that little bit...

If you love this, I know you'd love all of our free information, resources, tips and tricks on our Instagram. Head over and follow [@birthbeat](https://www.instagram.com/birthbeat).

I also deliver [Birth Beat's Ultimate Online Birth Course](#) to teach you everything you need to know about birth and early parenting. I'm here to help you feel prepared, gain confidence and remove the fear!

BIRTH PLAN VS PREFERENCES

I believe that the terminology we use has a massive part to play in how we perceive events, both planned and unplanned.

Something I suggest to my Birth Beat parents is to write their Birth Wish List (preferences) – not a Birth Plan. The word ‘plan’ is quite rigid and can set you up to feel negative emotions if parts of your birth experience ‘don’t go to plan’.

Remember, no two Mums, births or babies are the same! So, it makes total sense, that birth plans very rarely go exactly as you wrote them.

What is the difference?

A birth plan is essentially a plan for the day of your birth . Birth preferences/ wish list are things that you would prefer to happen or would like to have - though, ultimately you understand that birth is a natural process and can’t be predicted.

Remember, anyone that tries to guarantee you a certain type of birth is not telling you the whole truth. Here at Birth Beat, we teach our parents that there are lots of variations of ‘normal’ when it comes to childbirth.

Think of your Birth Wish List as a way to communicate your preferences with your healthcare providers. You should do this before your birthing day if possible so that they understand what you would prefer.

Writing a Birth Wish List is also important as a communication tool between you and your birth partner. (Your birth partner is whoever you’re going to have by your side throughout your labour.)

Simply sit down with your birth partner, go through all the options together and talk about your wishes. It will open up discussion and ensure that you’re both on the same page before the day. The last thing you want to do is write a plan or wish list on your own and have your birth partner thrown in the deep end while you’re in labour. It’s all about communication.

THINGS TO CONSIDER

- Where do you want to give birth? This will usually be determined earlier on and depending on your model of care.
 - Who would you like with you?
- What are your preferences when you are overdue? What induction methods would you like to try or avoid if required?
- Who will be with you when you're in labour, who will be in the room when you're actually giving birth, low lights, natural light, music or calming mediations, what you'll be wearing and creature comforts such as your own pillow.
- What birthing positions would you like to try? Do any of these need any aids such as birth stool, birth/ physio ball etc?
 - Whether you would like to be in the shower or bath?
 - Your thoughts on pain relief options and your preferences? Gas, epidural etc. Is there any type of pain relief you would like to avoid?
- What happens if you end up needing a caesarean? Whom do you want with you?
 - Do you already know your baby's sex? If not, who do you want to announce it? You, your partner, the midwife or obstetrician?
- Do you want assistance to deliver the placenta? Do you want to keep your placenta?
 - Would you like delayed cord clamping?
- What happens immediately after birth? Do you want immediate skin to skin contact?
 - Will you be trying to breastfeed?
- Do you have any special religious or cultural requirements that the medical staff should know about?

MY BIRTH PREFERENCES

WHERE I WOULD PREFER TO BIRTH:

- Hospital
- Home
- Birth Centre
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WHO I WOULD LIKE WITH ME:

E.g. Birth partner, doula, birth photographer

- Role: Name:
- Role: Name:
- Role: Name:
- Role: Name:
- Role: Name:

THE ENVIRONMENT I WOULD PREFER:

- Dim lights
- Music
- Essential oils
- Quiet room
- Calming/ relaxing support
- Cheerful/ pump-up support
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PAIN RELIEF OPTIONS I WANT TO TRY OR WOULD CONSIDER:

Non - Medical:

- Massage
- Walking/ Lunging
- Warm Shower
- Water Immersion
- Breathing Techniques
- Tens Machine
- Sterile Water Injections (SWI)
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Medical:

- Nitrous Oxide (Gas)
- Morphine/ Pethidine
- Epidural

AFTER BIRTH, I WOULD PREFER:

- Delayed cord clamping
- to cut the cord
- To keep the placenta
- Immediate skin-to-skin
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I WOULD LIKE MY PARTNER/ SUPPORT PERSON TO:

- Use massage techniques
- Help recommend positions
- Film/ take pictures
- Use genital touch
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