

# My Birth Goals

Mother: \_\_\_\_\_

OB: \_\_\_\_\_

Partner: \_\_\_\_\_

Pediatrician: \_\_\_\_\_

Baby: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

**Overview:** We would like to accomplish the following things during the birth of our baby as long as there are no complications with mom or baby. We hope to make our birth as safe, intimate, and family-centered as possible by addressing our physical and emotional needs with the following requests.

Additional people I would like in the delivery room, if allowed:

- doula
- birth photographer
- immediate family (*please list*):
- friends (*please list*):

For pain relief, I would like (*check one*):

- an epidural.
- a spinal.
- IV pain relief if requested.
- nonpharmacologic pain relief:

Prior to delivery, I would like (*check all that apply*):

- to meet the members of the labor and delivery team who will be with me during delivery.
- an explanation of the medications that will be used.
- my partner/spouse/family member/doula to accompany me in the delivery room.
- to discuss my birth goals with my nurses and OB/Midwife

During my labor and delivery, I would like (*check all that apply*):

- to wear my own labor and delivery gown.
- my IV placed on my non-dominant arm (*if required*).
- aromatherapy to help with anxiety, stress, and pain relief.
- to have music playing in the background.
- my spouse/partner to take pictures/video of our labor and delivery experience help it be as personal and intimate as possible.
- hospital staff limited to my own doctors and nurses.
- to allow student nurses and residents in the room during my labor and delivery.
- to limit cervical exams.
- to have my baby's heart monitored by a doppler rather than continuous monitoring so I may move around during labor.
- to move around and labor in the positions I feel comfortable in.



- to try nonpharmacologic methods to augment labor first, if needed. I.E. breast stimulation, cervical balloon etc.
- my water to rupture on it's own unless medically indicated.
- To have interventions explained to me and time to think it over/discuss with my partner, so I may make an informed decision
- to labor down after I completely dilate if I need to rest and do not have the urge to push.
- to push in positions other than on my back. I.E. hands and knees, squatting, etc.
- a mirror so that I may see the birth of my baby.
- my birth explained to me as it happens.
- to tear naturally rather than have an episiotomy.
- talk in the delivery room to be limited to my delivery; please remember it is a special time for my family.

Immediately following delivery, I would like (*check all that apply*):

- my spouse/partner to announce the gender of our baby.
- to delay cord clamping until the placenta/cord has completed pulsing.
- my spouse/partner to cut the umbilical cord.
- immediate skin-to-skin on me or my spouse/partner if I am unable.
- the lights dimmed so that baby will be encouraged to open her eyes.
- the vernix left on the baby so that I can rub it in.
- to allow baby to latch on as soon as possible within 1 hour of delivery.
- to delay measurements/assessments of my baby so that we may remain skin-to-skin.
- to have measurements/assessments performed while the baby is on my chest if they are needed immediately.
- to delay eye ointment/vaccinations.
- to delay my baby's first bath.
- to save my placenta for encapsulation.
- to bank/donate the cord blood (*cannot be done if you choose to encapsulate your placenta*).
- my birth partner/spouse/doula/family member to accompany my baby to the NICU/ Nursery if a transfer is needed.
- to first discuss hand expressing colostrum for my baby, if formula or sugar water is medically indicated.

During recovery, I would like (*check all that apply*):

- my IV, catheter, etc. removed as soon as possible.
- to eat and get up to use the restroom as soon as I feel ready and able to following delivery.
- family to wait to visit until I am ready.
- my other children to come in to meet the new baby.
- a visit from a lactation consultant to help with latching or other breastfeeding concerns.
- to hand express or pump after feedings to give the extra colostrum to my baby and help my milk increase.

