Birth Preference

We understand not everything goes as planned but under ideal circumstances this is how we would like our birth to go:

* Lights be kept dim
* Noise be avoided
* Door closed for privacy
* We will bring our own music
* Would like to wear my own clothes

We are attempting to have a natural birth

* Without medical and/or chemical intervention, but understand that there are procedures, which may be necessary.
* Except in an extreme emergency we ask to be given the opportunity to accept or refuse any procedure.
* We also request that the least invasive or restricting versions of procedures be used.
* We asked to be discussed with, any procedures being done.
* We do not wish to be induced chemically at anytime unless absolutely necessary.
* Prefer not to have an episiotomy unless absolutely necessary.
* The father would like to cut the cord after it has stopped pulsing
* PLEASE COLLECT CORD BLOOD for the kit I have provided, and take maternal blood after delivery.

GBS +

* Since we are GBS positive, I understand that if ROM occurs inducement may be necessary, but would like to discuss this and any other options I may have first.
* If ROM occurs I would like as few internal exams as possible to avoid infection.

Chemical Pain Relief

* We plan to handle pain with relaxation, movement, massage and water (tub + shower)
* Please do not offer any chemical pain relief , If I feel I need it I will ask.

Position for pushing

* I prefer not to be laying down, instead I would like to use the squatting or semi squatting positions.

Cesarean

* If necessary we wish to be conscious, father present and still nurse immediately.

After Birth

* We wish to nurse immediately/skin to skin, and any evaluations be done while the mother is holding the baby.
* We ask that the baby stays with us at all times and is not taken away for any reason.
* If possible, we plan to exclusively breast feed and ask that no bottles or pacifiers be given to the baby.

Thank you

Your name here