

Preparing for Birth Tell us what you prefer

We want you to have the best birthing experience that you can. Discussing your birth ahead of time gives you time to think about the type of care you want to have. You can also think about what you want for you and your baby after the birth. This helps your caregivers know what you prefer and how they can help you.

Here are some things for you to think about before you come into the hospital. Many women go to prenatal class, read information and watch programs to help prepare for the birth of a baby. If you have ideas about what you want, use this handout to let us know. Even though things may change as you move through labour, we will try our best to meet your needs.

Talk to your doctor or midwife about what you have written before you go into labour. Remember to bring this with you when you come to the hospital.

During My Labour

The person I want to support me during my labour is:



(You can write more than one name)

For comfort during my labour, I would like to bring:

- my pillow
- music on my personal listening device
- other: _____

For comfort in the Birthing Area, I would like:

- water relaxation in a tub
- water relaxation in a shower
- to walk around when I am able
- to have medications when needed
- to have medications I need explained to me
- other: _____

During My Labour



My pain control medication preferences during labour are...

Check the one that best describes your wishes for labour:

- I really do not want any pain control medication, even if labour is difficult. I will be quite disappointed if I have any.
- I prefer no pain control medication but if I have a difficult labour, I will have medication.
- It makes no difference to me – whatever happens will be for the best.
- I do not want pain control medication early, but as soon as labour becomes active I would like some.
- I want as much pain control medication as possible, as early as possible.

During My Baby's Birth



I would like to push:

- lying on my back
- lying on my side
- using the squatting bar
- other _____

During labour, I would like:

- to labour in my own clothes
- a mirror to watch the birth
- to avoid an episiotomy if possible
- other _____

During and right after birth, I would like:

- to bring a camera/video in for pictures of the baby
- the father grandmother or _____ to cut the cord if it is safe to do so
- my other child or children to visit me in the birthing room after the baby is born
- other _____

For My Baby



My baby doctor's name is: _____

Infant Feeding:

- I have enough information to make a decision about feeding my baby
- I would like more information about breastfeeding
- I would like more information about formula feeding

I plan to: breastfeed formula feed

I would like to learn about:

- diapering
- bathing
- caring for the cord
- normal behaviour for my baby
- what to do when the baby cries
- when to see the baby's doctor and/or midwife
- other _____

For Myself



I would like to learn about:

- caring for myself
- how to relive pain
- rest
- exercise
- foods to eat
- when I can have sex after my baby is born
- when to see my doctor or midwife
- other: _____

Going Home



If my baby and I are well enough, I would like to leave the hospital:

- within 24 hours
- as soon as possible after the birth
- after the usual hospital stay

I would like to learn about:

- finding help in my community
- how friends and family can help

Some other things to think about . . .



My basic hope and expectation for my labour and birth is:

My basic hope and expectation for the first few days after my baby is born is:

If you have had any past experiences that may affect your labour or birth please comment here:

Some husbands, fathers, coaches or partners want to be involved in the labour experience a lot while others do not. Please tell us how your coach or coaches would like to be involved.

If you have any other wishes or information you want to share, use the space below:
