

Birth preferences template

Names:

We are planning a Hypnobirthing Birth, which is based on having a birth as natural and relaxing as possible using breathing and relaxation techniques. We therefore kindly request your help with the following:

- We would really appreciate if the medical team and midwives could support us in having the most natural birth possible
- We would like to use a birth pool because this was very helpful in the birthing of our first child
- We would also appreciate if the medical team / midwives could support us in our techniques, which would require a need for peace and quiet, and for the team to avoid using references to 'pain', 'hurt', or 'hard labour' or any suggestion of pain being experienced
- Immediate skin-to-skin contact

1. Birthing companion: _____
2. Pain relief: Preferred method to be breathing and relaxation techniques including self-hypnosis. Would like to have the birth as natural and drug-free as possible. Would like to use a birth pool.
3. Induction of labour: Do not want an induced labour unless necessary for medical reasons.
4. Positions during labour: Would like to remain free to move about as much as possible to find most comfortable positions. Monitoring to occur only if required.
5. Positions during delivery: Whatever feels most comfortable as long as OK with the midwife
6. Delivery of baby: _____ to receive the baby if possible, otherwise baby to be delivered straight onto tummy
7. Cutting of cord: To be carried out once cord has finished pulsating and placenta has been delivered. _____ to cut the cord if possible.
8. Placental delivery: To occur naturally without the aid of injection. Immediate breast-feeding to assist placental delivery.
9. Vitamin K Given orally to baby.
9. C-Section If C-section is required I would like to remain awake, with ____ and independent midwife attending as birthing companion if possible. _____ will hold the baby after C-section delivery and initiate bonding between the three of us, and allow for immediate breast-feeding if possible.

THANK YOU for your support!!