

Birth Preferences			
Name:		Due date:	
Partner:		Midwife/OB Name:	
Doula:		Pediatrician:	
Labor			
	We would like to have a nurse who LOVES natural & unmedicated childbirth		NCB
	I would like the option to labor in the jacuzzi tub.		Request tub room
	Please do not offer pain medication. We are expecting to have an unmedicated natural birth through hypnosis.		Seeking NCB: unmedicated childbirth
	I prefer to hydrate by drinking, please do not use IV unless indicated or I request an epidural		No IV
	I would like to try natural methods of labor augmentation, if there is no medical indication to induce/augment		No labor augmentation
	I prefer to let my water break naturally.		Keep water intact
	Please address my partner or my doula with questions when possible.		Questions may be addressed to partner
	I would like avoid vaginal exams as much as possible. Please do not give updates on my progress (dilation, effacement) unless there is a problem that needs attention.		Limit vaginal exams
	I would like as little monitoring as is safe for me and my baby.		Intermittent fetal monitoring
Birth			
	We are planning to have a completely natural birth without medication or interventions, but if there is a medical reason that help is necessary I would like to have my options explained before any procedure.		Interventions only after discussion
	I would like to let my body tell me when to push rather than receive active coaching.		Self-directed pushing
	I would rather tear naturally unless there is a compelling medical reason to have an episiotomy.		No episiotomy
Partner			
	Partner requests to:		Catch baby

			Announce gender
			Cut cord
			Other:
Postpartum			
	We would like to bond and feed as long as possible before baby is weighed and measured.		Immediate skin to skin
	I would like to birth my placenta naturally, and allow my uterus to contract without the aid of medication.		No postpartum pitocin or other medication
	We plan to breastfeed so no bottles or pacifiers please		No bottles or pacifiers
	I would like to hold baby as soon as possible wish as little interruption as possible for as long as possible, partner to do so if mother unable		Newborn procedures done while skin to skin with mom
If a C-section becomes necessary			
	I would consider C-section only in the case of a medical emergency after all other options have been exhausted.		Cesarean only as last resort
	If a C-Section is necessary I would like it to be "family centered" and to request accommodation for skin to skin contact with me or my partner		Family-centered Cesarean Skin to skin in the OR
	I would like my partner and doula to remain with me the entire time.		Partner and doula to attend