**Birth Preferences**

Mothers Name: …………..

Birth Companions: …………………………… (3 as agreed with ………………

We have chosen and thankfully it has been agreed that we can birth our baby at…………... We thank you in advance for honouring our birth preferences and assisting us in achieving a gentle and natural birth.

We are preparing for our baby’s arrival with Hypnobirthing, and we anticipate a calm and natural birth. We will be using special breathing techniques and relaxation, including self-hypnosis. My birth companions will be actively involved in our birthing. They have all been prepared to support me in decisions and techniques regarding the birth of our baby. Please include my companions in discussions that take place as labour advances. We ask for your understanding and accommodation to the requests outlined below, allowing our labour and birth to unfold as naturally as possible. These preferences are forwarded with the understanding that should an unexpected special circumstance arise, you will have our full cooperation after discussion and explanation. With this goal in mind, we list the following preferences;

* To create a calm and relaxed atmosphere, respecting the environment we will create (photos, music, lighting, etc) and keeping all discussions to a quiet level.
* To enjoy only intermittent fetal monitoring, unless medical indication requires otherwise
* To discuss my “comfort level” rather than “level of pain”.
* To feel free to walk, move about and explore the most comfortable and effective positions at all times.
* To allow for an undisturbed rhythm and flow of natural labour with few/no vaginal examinations
* Please do not offer me any drugs, I will ask for it if I need them.
* The labour with use of a birthing pool if one is available. Father of baby to have use of pool with me also.
* To forego medical interventions, including rupturing of membranes and augmentation, without clear medical need. Membranes to remain intact until baby is fully born.
* To have a full explanation and discussion of medical need and alternatives before moving to intervention.
* To ensure that if in any special circumstance occurs and the baby or me are to be moved at least one of my birthing companions must remain with my baby at all times, where possible this will include giving skin to skin, changing baby or giving feeds.
* To respect that we will be filming parts of the birth, taking pictures and possibly skyping our children at home. (We respect the midwife’s boundaries and we will not film the midwife). Or taking photos as we wish.
* To breathe my baby down to crowning with prompts from only my birth companion. Reassurance and words of encouragement are welcome.
* To bear down only when my body is in surge, using the natural expulsive reflex. Under no circumstance should I be told to “push”. Other words of encouragement will be welcome.
* To allow baby to emerge physiologically, free of assist unless needed.
* To have myself or father receive baby once head and shoulders are born.
* To have dad announce the gender of the baby/or myself (if not known)
* To have baby placed directly onto me, initiating skin to skin. Dad will join in with this also. (Please note our plan is to bottle/breast feed)
* To dry baby gently over the face only, if necessary
* To allow cord pulsation to cease before Dad/mum cuts the cord.
* To use artificial oxytocin injection for placenta to be released, please only use once cord has been cut. OR To allow for Placenta to physiologically release with no Oxytocin injection unless necessary.
* Baby to have vitamin K via injection/ Baby to have Vitamin K oral dose/or not at all.
* Baby must remain with me and birth companion at all times.
* Where possible for dad to stay with me and baby after birth.
* Once baby has been checked and weighed only after skin to skin, please allow for me or a birth companion to our dress baby.
* Please can the placenta be checked and packed securely up for us to take home/be collected for encapsulation/burial. Where possible please show us our placenta after birth.

Thank you so much for taking the time to read and acknowledge our Birth Preferences we are glad that you are part of our experience and hope this means as much to you as it does to us.

**WARNING: This is an ideas sheet. Please use this as a guide and select your own preferences.**

**You may wish to find out more about your options and what certain things mean.**