

MY BIRTH PREFERENCES

NAME: _____ EST. DUE DATE: _____

KEY INFORMATION:

BIRTH PARTNER(S)/
ENVIRONMENT:

MY PREFERENCES DURING LABOUR:

_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____

THIRD STAGE & THE GOLDEN
HOUR:

CAESAREAN:

ADDITIONAL NOTES:

MY BIRTH PREFERENCES

NAME: Example

EST. DUE DATE: 07/07/19

KEY INFORMATION:

birth centre,
hypnobirthing

BIRTH PARTNER(S)/ ENVIRONMENT:

Dan, partner,
dim lighting & quiet

MY PREFERENCES DURING LABOUR:

birth pool if possible,
no pain relief to be offered,

tens machine to be used,
any interventions to be
discussed with us,

minimal amount of people
in room,

lights to be dimmed,
silence during contractions,

be able to move freely,
birth ball,
gas & air,

THIRD STAGE & THE GOLDEN HOUR:

natural 3rd stage,
skin to skin,
delayed cord clamping,
no rush to weigh baby,
Dad to cut cord

CAESAREAN:

see gentle c-section plan
included in notes

ADDITIONAL NOTES:

vitamin K injection