

Birth Goals

Name(s):

Birth Site

- Hospital
- Birth Center
- Home

Care Provider

- Obgyn
- Midwife
- Family Practitioner

In the birth room...

- Partner
- Child(ren)
- Other Family:
- Birth Doula

My birth is planned as...

- Vaginal
- Induced
- C-Section

Comfort Measures

Clothes

- Own Clothes
- Hospital Gown

Foods & Fluids

- Food as desired
- Liquids - Water, Juice, etc.
- Ice Chips/Popsicles

Other

- Music
- Birth Ball
- Rice Sock
- Cold Cloths
- Movement/Mobility
- Tub/Shower
- Massage
- Aromatherapy

Interventions

Water Breaking

- SROM - natural
- AROM - as medically needed

Augmentation (Labor Stimulation)

- On its own
- Natural (ex. Nipple Stimulation)
- Medical (ex. Pitocin)

Vaginal Exams

- As Usual
- Limited

IV/Saline Lock

- As medically needed
- Saline Lock
- IV

Interventions Cont.

Electronic Fetal Monitoring

- Doppler
- External
- Internal
- Continuous
- Intermittent

Perineum

- Oil Massage
- NO Episiotomy (Prefer to Tear)

Pain Relief

- Natural
- Narcotic (ex. Demerol)
- Epidural
- Other:
- Will asked if desired

During Pushing

- Mirror
- Touch baby's head crowning
- Partner catches baby

After Birth

Placenta

- Natural delivery
- Medically managed delivery
- Would like to see
- Would like to keep

Umbilical Cord

- Delayed Clamping
- Clamp only after pulsing
- Lotus Birth

After Birth Cont.

Skin to Skin

- Immediate
- Delayed
- Evaluation on chest
- Nursing as soon as possible

Suctioning

- Routine
- Only if medically needed

Eye Treatment

- Routine
- Only if medically needed

Bath

- Yes
- No

Vitamin K

- Yes
- No

Circumcision

- Yes
- No

Baby Rooming

- Nursery
- Room-in

Infant Feeding

- Breastfeeding Only
- Bottle Feeding
- Breast & Bottle Feeding

Other

- Photography
- Videography

Care Provider:

Care Provider Initials: