**XY’s Birth Wishes**

**Practitioner:** **Mom:**

**Family Member:** **Doula:** Ildi Sebestyén, CD / Mariah Falin, CD - Birth Matters NW

**Due Date:** **Facility:**

Hello, we are XY and Z, and we are very excited to have you be a part of the birth of our first baby. We appreciate all your time, advice, and care thus far. Below, we have some wishes for our first birth experience and hope you would work with us to help us achieve the birth we had hoped for! Thank you in advance for your dedication! You are much appreciated!

**First Stage Labor Wishes:**

* We desire an un-medicated birth. I will ask for pain medications if I need any.
* No vaginal exams during labor. Okay with exam upon admittance.
* Prefer to use only natural methods to start and progress through labor (no Pitocin, Cytotec, etc.)

**Second Stage Birth Wishes:**

* Spontaneous pushing (no counting). Being able to push/breath as I feel comfortable. | I would like assistance with pushing
* I understand birth can take time, as long as I am making progress, allow labor to continue on it’s own

**Third Stage (After Birth):**

* Would like the option to deliver the placenta on its own time without use of medication or traction
* All the good things (Immediate and continuous skin-to-skin, no blanket between baby and mom, Delay cord cutting at least until it stops pulsating. Partner can cut cord, delay routine checks, etc)

**Baby Care:**

* I would like my baby to initiate breastfeeding, if I need assistance I will ask
* I will be breastfeeding exclusively (no pacifiers or formula)
* If baby needs to be separated, father will be with baby.
* Delayed eye ointment and vitamin K injection, up to two hours.
* I would like to meet with a lactation consultant (IBCLC) postpartum

**In the case of Cesarean Birth (last resort/emergency only):**

* Spinal/epidural anesthesia - mom wants to be awake
* We would like to talk to the anesthesiologist to have both partner and doula present
* Breastfeeding/skin-to-skin as soon as possible even in the OR

The following are considered *routine* in most vaginal deliveries in the Puget Sound Area and do not need to be included

* Please allow my husband and doula to be with me at all times
* Would like to maintain mobility (walking, positions, going to bathroom, etc.)
* Eat and drink as desired
* Intermittent fetal monitoring if possible.
* Relaxation techniques (breathing, focusing, heat pad, damp cloth, shower/tub, etc.) and positioning as desired (standing, squatting, side lying, etc.)
* Choice of positions (squatting, standing, side lying, etc., husband can be beside me)
* Please use massage, compress & positioning. Wait to push when crowning. Follow mom’s urges and lead.
* If I require stitches, local anesthesia is welcome
* Please keep in mind we will be wanting a VBAC when making the incision and repairs