

# Birth Preferences for [REDACTED]

We are [REDACTED] We've been together for almost 6 years now and have a 1 year old dog, [REDACTED] at home awaiting our return. [REDACTED] is an [REDACTED] in the Bloomington public school district and [REDACTED] is a web developer. We're both very much looking forward to meeting and welcoming our first son or daughter into our lives.

## Throughout

The following are general goals for our entire stay. Many of the specific requests in other sections follow from these goals.

- ★ Minimize the number of interventions
- ★ Minimize the traffic in the room
- ★ Be able to eat/drink freely
- ★ Allow for freedom of movement
- ★ Avoid non-emergency, non-mandatory procedures without allowing the opportunity for discussion

Please know that we communicate these as goals, not demands, and that we can be flexible dependent upon how the birth process takes shape. We're trusting of and will rely on the expertise of our midwife(s), our doula Charlie, and all of you supporting our birth.

THANK YOU FOR YOUR HELP....

## Labor

- ★ Would like no offers of pain medications or pain assessments unless you determine the pain to appear truly overwhelming
- ★ Would like to avoid continuous monitoring for both freedom of movement and too much information reasons
- ★ Would like to allow for membranes to rupture naturally
- ★ Would like access to and suggestions of birthing props
- ★ Would like to maintain a calm, relaxed environment

## Birth

- ★ Would like to attempt a waterbirth
- ★ Would like to avoid an episiotomy
- ★ [REDACTED] has interest in catching the baby with coaching
- ★ Would like to discover gender ourselves
- ★ Would like baby to be placed immediately up to body of mother. If mother unable, then father.
- ★ One of us might like to cut the umbilical cord (after it stops pulsating)
- ★ Would like to avoid procedures to baby that are not urgent

## Post-Birth

- ★ Would like at least one parent with baby at all times
- ★ Please retain the placenta for Doula
- ★ [REDACTED] plans to breastfeed exclusively and may need assistance in starting
- ★ Will decline Erythromycin for the baby
- ★ Will decline Vitamin K for baby?