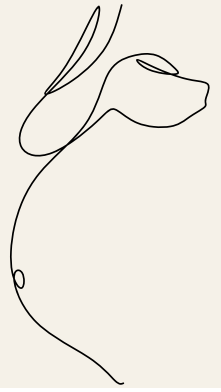


My birth goals



Name:

Partner/Support person:

Baby's name:

Doctor /Midwife:

What is most important
to me:

What I am worried about
& like to discuss:

Questions I have:

In Labor...

Environment I'd like to
create:

Comfort measures I'd like
to try:

Pain management plan:

If induced or need
medication I prefer...

Birth

While pushing I would like...

During birth I would like...

In the case of a c-section...

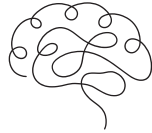
During the birth...

After Birth

<i>Umbilical cord...</i>	<input type="checkbox"/> Delay cutting cord <input type="checkbox"/> Me or Partner cut the cord <input type="checkbox"/> Doctor/midwife cut the cord	<i>Placenta</i>	<input type="checkbox"/> See the placenta before discarded <input type="checkbox"/> Take placenta home with me
<i>Place baby</i>	<input type="checkbox"/> skin to skin immediately <input type="checkbox"/> to the warmer to be wiped down first	<i>Baby Medications</i>	<input type="checkbox"/> Antibiotic eye ointment <input type="checkbox"/> Vitamin K injection <input type="checkbox"/> Hepatitis B vaccine
<i>Feeding plan for baby</i>	<input type="checkbox"/> Breastfeeding <input type="checkbox"/> Formula Feeding <input type="checkbox"/> Exclusive pumping <input type="checkbox"/> Combo <input type="checkbox"/> I would like to see a lactation consultant as soon as they are available	<i>Questions & extra preferences for after birth...</i>	

This is a special moment in your life. The healthcare team is here to help teach & guide you through birth and postpartum but **YOU** are the one in charge of your own body & baby. You and your partner have the power. Speak up & ask questions if you are confused or something doesn't seem right.

Remember to use your "**BRAIN**"



Benefits : what are the **benefits** of making this decision?

Risks : what are the **risks**?

Alternative : is there an **alternative**?

Intuition: What is my **intuition**/ gut telling me?

Nothing : what happens if we do **nothing**? (or **wait** 1 hour and reassess)

When it comes to making decisions during birth & postpartum you can always ask for time and space to discuss privately. You can decline anything in healthcare (even if it's policy... policy does not equal the law). Remember that the healthcare workers are people too- we hopefully should not be scary. Ask us any clarifying questions until you feel satisfied with your options and choices.