



Birth Preferences/Care Plan

The following outlines our preferences during the birth of our child, and gives guidance on key decisions.

Attendees during Labour & Birth	Labour & Birth	Monitoring of our Baby
Husband/Partner Doula	I would like to be free to walk around during labour. I wish to be able to move around and change position at will throughout labour. I would prefer to keep the number of vaginal exams to a minimum. I would like to be able to eat and drink as I wish. We would like the Mother/Father to discover the sex of baby.	I would prefer Electronic Foetal Monitoring kept to a minimum. I would prefer the use of hand held Doppler.
Pain Management & Environment	Acceleration	Third Stage
If I feel the need for pain management other than what is listed below, I will ask for it. Massage TENS Machine Music and aromatherapy Gas & Air I would like the environment to be kept as quiet as possible. I would like the lights in the room to be kept low during my labour.	I would like the amniotic membranes to release spontaneously. I would like labour to be allowed to take its natural cause.	I would prefer that the umbilical cord stops pulsating before it is cut. I am planning a physiological third stage.
After the birth	Caesarean birth	Other
I would like my baby to be delivered onto my belly and have skin to skin. I intend to breastfeed. I would like the Paediatrician to examine my baby in our presence. We would like to be left alone after birth for bonding. We would prefer our baby to have Vitamin K orally/injected	We would like our baby skin-to-skin immediately. We would like delayed cord clamping as per latest NICE guidelines. We would like the room kept quiet and the lights dimmed. We would like a family centred caesarean.	We would like to be kept fully informed of all developments and share in any discussions and decisions. We do/do not mind students being present.

