



# BIRTH PREFERENCES

*Created with guidance from a Labor & Delivery Nurse*

## A Quick Note to My Care Team

I know birth doesn't always go exactly as planned, and I trust your experience and guidance. My goal is a safe delivery for both me and my baby. I appreciate clear communication, patience, and being included in decisions along the way.

### Labor Preferences

- Limited staff in the room when possible
- Intermittent fetal monitoring + ability to move/ambulate (if medically appropriate)
  - Freedom to change positions throughout labor
- I would like to eat/drink during labor if allowed
  - Please allow labor to progress naturally without rushing to 10 cm (as long as baby and I are stable)

### Delivery Preference

- Calm environment during delivery (clear communication is appreciated)
- Support person present at all times
  - Open to position changes for delivery if needed

### Interventions and Medications

- Open to epidural when I feel ready
- Prefer to avoid unnecessary interventions unless medically indicated
  - Pitocin only if needed for medical reasons (not for time constraints)
    - Please explain recommendations before proceeding when possible

### Newborn Care Preferences

- Skin-to-skin immediately after delivery (if stable)
- Delayed cord clamping (if appropriate)
  - Newborn medications:
    - Accept all
- Prefer to discuss before administration
  - Feeding preference:
    - Breastfeeding
    - Bottle feeding
    - Combination