



birth proposal

NOTES TO MIDWIFE

ENVIRONMENT

PAIN RELIEF OPTIONS

MONITORING

COACHING

BIRTH POSITIONS

Name:
Pronoun:
EDD:
Preferred place of birth:

Birth partner name:
Pronoun:
Contact:



birth proposal

INTERVENTION

CATCHING THE BABY

3RD STAGE

GOLDEN HOUR

NOTES

Order in the most important things for YOU.

Things to consider:

Plan A (ideal) Preferences

- When to go to the birth place.
 - Membrane sweeps
- Monitoring when 'post term' (42 weeks) and during labour (continuous/regular)
 - Lighting, communication, music, smell, visuals
 - Use of pool/bed/positions
 - Vaginal examinations
 - Artificial rupture of membranes in labour
- Pain relief (entinox, pethidine, water diamorphine, epidural)
 - Coaching during 2nd stage
 - Third stage (natural or managed)
- Optimal cord clamping and who to cut the cord
- Golden Hour (undisturbed, breastfeeding, skin to skin)
 - Vitamin K

Plan B- Induction preferences

Induction preferences (when/how)

- Induction by membrane sweep
 - Induction for post dates
- Induction of labour does not start after release of membranes
 - Vaginal examinations after release of membranes
- Any artificial intervention of any kind (incl. forceps)
 - Other augmentation of labour (aka the drip)

Plan C - Caesarean preferences (please ask if you need any support!)

- Emergency vs unplanned
- You have to agree and consent- how do you feel?
 - Lights
 - Scripts
 - Music
- Partner (affirmations, touch, cuddles etc)
 - Breathing
 - Curtain lowered
- Watch birth/hear a description
 - Immediate skin to skin
 - Optimal cord clamping