**My name is:** **My birth partner(s) is/are:**

**I am planning to give birth at:**

**Important info:** (e.g. I’m using hypnobirthing/ this is my first baby/ I’m having a home birth after previous caesarean/ I would like to use a birth pool)

**Environment**

e.g. Low lights

Music/ MP3s

Minimal number of people in the room

Quiet and calm

Essential oils

**Comfort measures/ pain management**

Massage

Movement

Breathing

Birth ball

Water birth

Gas & air

Please don’t offer me pain relief, I’ll say if I want it

**Third stage**

e.g. I would like to have a natural 3rd stage

Cord to go white before it’s cut

I would like to cut the cord

**Birthing my baby**

e.g. Please don’t tell me when/how to push

I don’t want to be on my back

If I am on the bed please support me to be on my side

Please be ‘hands off’ when my baby is being born

**After the birth**

e.g. I would like immediate skin to skin with my baby Please don’t wipe my baby down

We would like a quiet/dim environment Please wait to weigh my baby

Please give my baby the Vitamin K injection I would like to breastfeed

I have frozen colostrum in case top-ups are needed

**Before labour begins/ early labour**

E.g. your thoughts about induction, vaginal examinations, monitoring

**Induction of labour**

e.g. Please explain fully what will happen during the induction

I would like to be mobile as much as possible

I would like to use the pool

I would like to take time between each step to see how I feel about continuing

**Caesarean birth... I would like**

e.g. Music to be played in theatre To be told what is happening

Drape lowered so we can see our baby being born To find out the sex of our baby ourselves

Immediate skin to skin with my baby If I am not able, my partner would like skin to skin

Delay cord clamping until it’s stopped pulsating

**Thank you for reading my birth preferences and supporting me to have a positive birth!**