

Dear hospital team,

We're confident in our choice of the Newton Wellesley Hospital to give birth to our baby.

My spouse and I have completed the birth preferences below together and are prepared to support each other through our birth experience.

Our intention is to have a physiological birth, but we understand that special circumstances may change our plans, and we will rely on your expertise and guidance throughout our birthing experience.

Please explain the complete range of risks and benefits of any suggested procedure to both of us and give us space to discuss and make a decision. The well-being of our baby and mine is what's most important to us.

Birth Procedures:

- We prefer to be accompanied at all times by a nurse who is enthusiastic about and experienced in natural birth, hypnobirthing and/or breathing and other natural comfort techniques (walking/dancing/moving, jacuzzi/shower, music, affirmations, visualizations, relaxation, touching/massaging, birthing ball, etc), if possible.
 - We prefer *not* to have a trainee or student during labor or birth.
- Intermittent (ideal) or mobile fetal monitoring, unless circumstances call for extended monitoring
 - If continuous monitoring is needed, I prefer to be monitored standing or sitting, not lying on my back.
- Please don't offer any analgesics. I will initiate any conversation about pain relief.
 - We would love it if you could please discuss my "comfort level" rather than the "pain level."
- We would prefer no time limits placed on me if our baby and I are doing well.
 - If labor is progressing well, please don't break my water.
- No forced lithotomy position. I prefer to be free to move and choose labor and birthing positions that feel right for me. We would also prefer to be reminded of and guided through repositioning techniques if our baby requires more optimal positioning.
- No routine episiotomy. I prefer hands off my perineum and no pulling of my baby's head during emergence, if our baby and I are doing well.
- No coached pushing prompts. We prefer to allow our baby to emerge physiologically according to the natural expulsive reflex.

Birth Environment

- My spouse, Braulio Fernandes, will be with me at all times. My mother, Nadja Valeria Gazzaneo, and sister, Larissa Gazzaneo, may also enter the room if I invite them during labor.

- I'd like to be reminded to change positions, use breathing and other natural comfort techniques (walking/dancing/moving, jacuzzi/shower, music, affirmations, visualizations, relaxation, touching/massaging, birthing ball, etc), and hydrate during labor.
 - I will be drinking water and clear fluids during labor. I may want to have light snacks, if possible.
- We are planning for a birthing environment that includes dimming lights, keeping conversations quiet and minimal, and playing music or relaxing soundtracks of our choice.
- We will be taking photos and video recording moments of our birth experience.

After Baby Birth

- If my labor has been undisturbed, I prefer a natural birth of the placenta without any forced manipulation and request up to 30 minutes for this process.
- Unless our baby needs any special care, we prefer to have her placed on my chest right after birth and appreciate your patience as we give her the opportunity to do the breast crawl and self-attach.
 - We'd also love for 1-2 hours of uninterrupted bonding time (skin-to-skin) after birth with both parents, if possible and safe for our baby.
- After all the needed exams and measurements, we prefer to have our baby remain in the room with us at all times and maximize our family bonding time before we go home.

We appreciate your understanding and accommodation of our requests and thank you for your support in helping us to achieve a kind birth experience.

Warm regards,
Nathalie Gazzaneo and Braulio Fernandes