

Birth Preferences Worksheet

Explore your options
and communicate your
wishes

TIP: This worksheet is meant to be a starting point for conversations with your provider and doula. Birth is unpredictable—stay flexible while honoring your priorities.

Environment & Atmosphere

- ☐ Dim lighting
- ☐ Music (I will bring my own playlist)
- ☐ Aromatherapy (check hospital policy)
- ☐ Minimal interruptions during labor
- ☐ Limited number of people in the room
- ☐ Freedom to move around
- ☐ Access to shower/tub if available

Pain Management Preferences

Circle your preference level: 1 = Prefer to avoid, 5 = Definitely want

- ☐ Epidural: 1 2 3 4 5
- ☐ IV pain medication: 1 2 3 4 5
- ☐ Nitrous oxide (if available): 1 2 3 4 5
- ☐ Natural comfort measures only: 1 2 3 4 5

Note: You can change your mind at any time during labor. These are preferences, not commitments.

Labor Interventions

- ☐ I prefer to avoid induction unless medically necessary
- ☐ I would like to try natural methods first (walking, nipple stimulation)
- ☐ I prefer intermittent monitoring if possible
- ☐ I want to avoid artificial rupture of membranes unless necessary
- ☐

I prefer freedom to eat/drink light snacks during labor

Pushing & Delivery

- ☐ I want to push in whatever position feels best
- ☐ I prefer mother-directed pushing over coached counting
- ☐ I want a mirror to see baby emerging
- ☐ Partner wants to announce baby's sex
- ☐ Partner wants to cut the cord
- ☐ I want delayed cord clamping (at least 1-3 minutes)

Immediately After Birth

- ☐ Immediate skin-to-skin contact
- ☐ Delay all non-urgent procedures for first hour
- ☐ Breastfeed within first hour
- ☐ Partner skin-to-skin if I am unable
- ☐ Keep baby in room at all times

Newborn Procedures

- ☐ Vitamin K injection: Yes / No / Discuss further
- ☐ Eye ointment: Yes / No / Discuss further
- ☐ Hepatitis B vaccine: Yes / No / Discuss further
- ☐ Hearing screening: Yes / Delay / Discuss further

If Cesarean Becomes Necessary

- ☐ Partner present in OR
- ☐ Lowered drape to see baby emerge
- ☐ Skin-to-skin in OR if possible
- ☐ Delayed cord clamping if safe
- ☐ Partner to accompany baby if separation needed

Questions for Your Provider

Write down questions to discuss at your next appointment:

Notes from Provider Discussion

Date: _____

Provider: _____

[illegible]

Remember: Your doula can help you discuss these preferences with your provider and support you in advocating for your wishes during labor.

