

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
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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: _____

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

