

Birth Preferences

of Meaghan O'Brien

THE BUMP TO BABY CHAPTER

Notes for my midwife

My birth partner(s): Riordan Landeg (My Husband)

These will be my preferences for childbirth. I am aware labour and birth can be unpredictable so would like to use the following tool to help me make any choices.

E B R A N

Emergency - is this an emergency?

Benefits - what are the benefits to this?

Risks - are there any risks?

Alternatives - are there any alternatives?

Nothing - what happens if I do nothing?

- My ideal birth would be in water / on land
- In a situation where I go into theatre I would like to take my husband, music
- I know about my options for drugs for pain relief in labour. I would prefer to ask for these drugs when I feel I need it rather than be offered them whilst in labour.
- I am open to (paracetamol / codeine / gas and air / pethidine or diamorphine / epidural)
- I would like skin to skin: initially for as long as possible / not at all
- I would prefer the injection to deliver my placenta / I would prefer to deliver my placenta without drugs
- I would like my baby to have vitamin K by injection / orally
- I would like to bottle / breast feed

Help me to remember ...

Notes for myself, my birth partner and my midwife

Remember, these techniques can be used at home, in the car, during tightenings, in an induction, walking through your labour, having an examination, during your caesarean, during pushing, during an epidural siting.

- I already use this to keep calm... (think date night) walking / music / meditation / bath / candles / funny TV / _____
- My birth environment will include:
 - Smell: bath bomb / essential oil / lavender or clary sage
 - Sight: wedding/couple/family picture / favourite item/ flicker of candle.
 - Touch: massage: relaxed shoulders / open palms / shoulder massage & roll open palms
 - Taste: chocolate/ refreshing drink / lucozade, lemon/lime water, gummies,
 - Sound:
 - My music playlist and headphones are found music on lumie
 - My favourite script to use is going to be this will pass, I am safe
- Remember to use my UP breathing: count in (through nose) 2 3 4 out (through mouth) 2 3 4 5 6 7
- The visualisation I will use for my UP breathing is bubbles / sunrise / door frame / waves rolling in and out, gently pushing me up and down
- My DOWN breathing is a quick breath in through my nose ... pushing ... breathing out through my nose.
- My visualisations are ripples / waterfall / opening flower / waves

Remind me to:

Stay upright / lean forward 2-3
Go to the toilet (roughly every 3-4 hours)
Drink regularly (water/squash/isotonic)
Use my birth affirmations (yes mum cards)
Birth without fear
Control what I can and let go of what I can't

Additional notes

These are ideas and notes that are important to me. They can be used to clarify or expand an area of my birthing preferences or help me focus on my wider goals.

The suggestions in brackets are prompts to help you personalise your document.

My birth environment:

(how do I want it to feel, who do I want in there, what do I need to remember ...)

Only want Rio there and midwives

I want to feel calm, relaxed, safe

I need to remember I am safe

I need to remember each contraction is one step closer to meeting my baby

I need to remember that this pain will pass, I need to remember my breathing techniques

I want my own pillow from my bed

I want to wear a tshirt that smells like Rio

I want my yoga ball to bounce and roll on, I want to use the shower

I want to be in an upright & forward position as much as possible & give birth that way

Do not want to be flat on my back

My birth:

(my specific concerns and how I will cope with them, what I am excited about, what part I want my birth partner to take ...)

"Hands-on" birth, midwife hold compress to my perineum while the baby's head is born

I want the midwife to coach me through/let me know when the baby's head is arriving

Optimal cord clamping, wait for the cord to go white before Rio will cut it

Would like to have physiological management of placenta birth (no syntocinon injection)

However switch to active management if there is heavy bleeding or another reason to do so

If I need to go to theater after birth, I want to have general anesthetic vs spinal injection

I do not want med students, I do not want the doctor to narrate to me,

I want to take music to drown out noise/chatter

Do not break my waters if I go in to spontaneous labor

Only do a membrane sweep if it is favorable (I am greater than 2 cm dilated)

~~If I have an ARM, wait 2 hours to see if it worked before using syntocin~~

My baby:

(the 'golden hour', what part I want my partner to take, how long before visitors, what I want my baby to wear, skin to skin time with others, something I want my baby to have, a picture I want of my baby ...)

I want my baby immediately placed on my chest, skin to skin after birth

I want to have skin to skin for as long as possible right after the birth

I want to have cuddles with me, Rio and the new baby

I want to have a picture of me and Rio with our newborn baby right after birth

I want to have no visitors right after the birth

I do not want to call my parents as I am going in to labor

I want to call my parents at least a few hours after the birth, or the next day

But if I need to go to the hospital, Rio needs to call my parents to tell them something is wrong