

MY BIRTH DAY WISHES

It's your baby, and we want the experience to be all that you hope for. By filling out this questionnaire, you'll help our BirthPlace staff know how to best care for you. Please bring this completed form with you to your Birth Day Wishes appointment. We'll review this form with you and make sure it's on file at the hospital – ready for the big event. You may also want to review this information with your physician.

My Name _____ My Support Person _____

My Due Date _____ My Physician _____

My issues, fears or concerns about my birth experience are _____

I would like my nurse to know _____

LABOR

I plan to use the following comfort measures during labor.

- Relaxation/breathing techniques
- Water (tub or shower)
- Visualization/imagery
- Medications
- Creating atmosphere (music, lighting, etc.)
- Other _____
- Walking
- Heat/cold
- Birth/peanut ball
- Epidural
- Aromatherapy
- Doula
- Changing position
- Massage
- Nitrous oxide

DELIVERY

My feelings, thoughts and wishes about:

- Positions/positioning during delivery _____
- Having a mirror set up so I can watch my baby's birth _____
- Visitors during delivery _____
- Other _____

If a cesarean delivery is necessary, my special concerns/needs would be _____

SOON AFTER DELIVERY

My feelings, thoughts and wishes about:

- Footprints in my baby book _____
- Baby's first feeding Breast Bottle/formula

If there is a medical reason to supplement, my choice is Donor breast milk Formula

MY NEWBORN

My feelings, thoughts and wishes about:

- Baby's first bath _____
- Lactation Support History of breast surgery Previous difficulty breastfeeding
- Hospital Pictures Yes No, thank you
- Sibling introduction/visitation guidelines explained Yes No
- Rooming in/family centered care model explained Yes No
- Pacifiers Yes No

Before I go home, I would like additional information on or practice with _____

My Child's Pediatrician _____

MEDICAL DECISIONS YOUR PHYSICIAN MAY NEED TO MAKE

It's best to discuss possible medical interventions with your physician prior to your delivery so you understand what kinds of medical decisions might need to be made – and why.

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