

TEAM BIRTH preferences

Early & Active Labor Suggestions

- | | |
|---|---|
| <input type="checkbox"/> Freedom of movement | <input type="checkbox"/> Massage by support person |
| <input type="checkbox"/> No IV fluids, IV access only | <input type="checkbox"/> Counterpressure on lower back |
| <input type="checkbox"/> Labor ball | <input type="checkbox"/> Intermittent baby monitoring |
| <input type="checkbox"/> Labor in shower | <input type="checkbox"/> *If condition allows |
| <input type="checkbox"/> Wireless baby monitors | <input type="checkbox"/> Music |
| <input type="checkbox"/> Dimmed lights | <input type="checkbox"/> Minimal cervical exams |
| <input type="checkbox"/> Quiet voices | <input type="checkbox"/> Wearing my own clothes |
| <input type="checkbox"/> Rest | <input type="checkbox"/> Alternate positions frequently |
| <input type="checkbox"/> IV pain relief | <input type="checkbox"/> Epidural |
| <input type="checkbox"/> No visitors | <input type="checkbox"/> *Only offer when asked for |
| <input type="checkbox"/> Visitors are okay | |
| <input type="checkbox"/> Breathing exercises | |

Other

TEAM BIRTH preferences

Pushing Suggestions

- ☐ Delay pushing until feeling pressure
- ☐ No visitors when pushing
- ☐ Visitors are OK when pushing
- ☐ Delayed cord clamping (standard)
- ☐ Change positions when pushing
- ☐ Be coached through pushing
- ☐ No counting during pushing
- ☐ Cord cut by family member
- ☐ Photos of cord cutting
- ☐ Mirror for pushing/birth
- ☐ Quiet voices
- ☐ Low lights

Recovery Suggestions

- ☐ Skin to skin with Mom
- ☐ Skin to skin with Dad
- ☐ Breastfeed
- ☐ Low lights
- ☐ No visitors
- ☐ Visitors OK
- ☐ Shower
- ☐ Baby shots while being held
- ☐ Ice Packs
- ☐ Pain relief (Ibuprofen/Tylenol)
- ☐ Music
- ☐ Photos of Family

Other

TEAM BIRTH preferences

Postpartum

Mom Suggestions

- ☐ Breastfeed
- ☐ Ice packs
- ☐ Sitz bath
- ☐ No visitors
- ☐ Visitors are OK
- ☐ Low lights
- ☐ Shower
- ☐ Walk in hallway
- ☐ Keep placenta
- ☐ Daily bed linen change

Baby Suggestions

- ☐ Delayed bath until 12 hours
- ☐ No bath
- ☐ Circumcision (If Boy)
- ☐ Skin to skin
- ☐ Lotion
- ☐ Parents assist with bath
- ☐ User your own swaddle/clothes
- ☐ Assistance from lactation

Other



TEAM BIRTH preferences

C-Section Delivery

- ☐ Lower drape right after birth
- ☐ Music during procedure
- ☐ Partner to cut cord on warmer
- ☐ Skin to skin as soon as possible
- ☐ Limit conversation that does not pertain to my procedure
- ☐ No extra drugs to relax after delivery
- ☐ See my placenta
- ☐ Quiet voices

Other

TEAM BIRTH preferences

Bereavement

- ☐ Dim lighting
- ☐ Music during labor and delivery
- ☐ Baby to go skin to skin
- ☐ Quiet voices
- ☐ Take baby to nursery immediately after delivery
- ☐ Baby to stay with parents after delivery (In Caring Cradle)
- ☐ Family photos in room
- ☐ Photos of baby in nursery
- ☐ Support person to cut cord if able
- ☐ No visitors
- ☐ Visitors are OK
- ☐ Family to assist with bath/cleaning of baby
- ☐ Obtain keepsake items (Footprints, molds, lock of hair, pictures)
- ☐ Hold Keepsake items out of room until I am being discharged
- ☐ Early discharge to home after delivery

Other



TEAM BIRTH preferences

NICU

- ☐ ID band holder to follow newborn to nursery
- ☐ Parents to be present for lab draws or IV placement
- ☐ Mother or ID band holder to be present for first feed
- ☐ Feed pumped colostrum when newborn is able
- ☐ Use a syringe instead of a bottle when feeding
- ☐ I prefer my baby to latch to my breast for first feed if able
- ☐ No pacifiers while my baby is in the nursery
- ☐ Give pumped colostrum instead of glucose solution
- ☐ No other visitors to nursery besides those that hold ID bands
- ☐ Be provided with a blanket to take scent from mom to baby
- ☐ Keep the nursery windows open
- ☐ Keep the nursery windows closed.

Other
