** Home Birth Birthing Preferences**

**Mother’s and Birth**

**Companion’s Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Midwife/Doula:** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

We have chosen you to be our care providers, and we thank you in advance for honoring our birthing preferences and assisting us in achieving a gentle and natural birth.

**Welcoming our baby:** We are preparing for our baby’s arrival with HypnoBirthing®, and we anticipate a calm, natural birth. We will be using special breathing techniques and relaxation, including self-hypnosis. My birth companion (husband) will be actively involved in our birthing. (He/she) has been fully prepared to support me in decisions and techniques regarding our baby’s birth. Please include (him/her) in all discussions as labor advances. We ask for your understanding and accommodation to the requests outlined below, allowing our labor and birth to unfold as naturally as possible. These preferences are forwarded with the understanding that should an unexpected special circumstance arise, you will have our full cooperation after discussion and explanation. With this goal in mind, we list the following preferences:

**Planning for Baby**

* Consider what kind of atmosphere you want for baby’s entrance into the world.
* What are your expectations for all attending your birth (midwife, midwife assistant, doula, husband, kids, friends, etc).
* Are you having a water birth? What temperature do you want the water? Do you want baby born in the water?
* Which room do you plan to birth in? What sort of lighting do you want? Do you want music playing?
* When do you want your midwife to arrive?
* Do you want pictures taken during labor/birth/postpartum?
* How long will your midwife stay before leaving and what does she do?
* Who is responsible for set up and clean up?

**Labor**

* Is there any time you may want a vaginal exam?
* How much guidance do you want your midwife to offer during labor and birth?
* Do you want anything done to speed up your labor if you feel it is progressing too slowly, such as stripping or breaking the membranes?
* Are there any non-emergency circumstances where you want to be sent to the hospital? For example, if you are asking for pain meds, do you want the midwife to immediately respond and transfer you or encourage you to stay where you are?

**Birth**

* Do you want support for your perineum? Nothing, soak in a bath, apply warm compresses with herbs, stretching of perineal tissues.
* When do you want the cord cut? After pulsing, after placenta is born, or not at all (lotus birth)?
* What will you do with the placenta? Dispose it, plant it, encapsulate it? Eat it?

In case of tearing, do you want the midwife to repair with perineal stitches, to heal naturally, or to go to the hospital?

* Do you or your birthing companion wish to receive baby?
* Who will announce the sex or name of baby?

**Postpartum/For Baby**

* Do you want skin to skin immediately after baby is born?
* Do you want assistance with breastfeeding from midwife?
* Consider newborn procedures like Vitamin K, eye drops, Hep B vaccine. Will your midwife offer these, do you want them, or will you need to take a trip to the hospital shortly after baby has arrived?
* Is there anything special you want in the immediate postpartum period? Prayer, baptism, bath, etc?

**Special Circumstances**

* Consider an emergency birth plan for you and your baby postpartum should you need to transfer to the hospital. Familiarize yourself with the hospital’s policies for mom and baby after birth before creating emergency plan.
* What role do you want your midwife/doula to fill if they come to hospital with you? Can they come with you?