



Name:

Due date:

Name(s) of birth partner(s):

Contact number of birth partner(s):

What relationship are they to you?

Do you want your birth partner(s) to be with you at all times? Yes No

Labour and birth positions

Do you want to remain mobile for as long as possible? Yes No

What birthing positions would you like to try? Kneeling Squatting Standing

Lying down Other

Birthing pool

Do you want to use one if available? Yes No

Will this be for pain relief or giving birth? Pain relief Giving birth

Pain relief

Do you want to use pain relief? Yes No

What would you like to use? TENS Gas and air Pethidine Epidural Other

What order would you like it in?

After the birth

Would you like immediate skin-to-skin contact? Yes No

Would your birth partner like to cut the cord? Yes No

Would you like your baby to be given vitamin K? By injection Orally Not at all

Delivery of the placenta

Do you want to deliver it naturally, if possible? Yes No

Do you want an injection to speed up the delivery? Yes No

Feeding your baby

Do you plan to breastfeed or bottle-feed? Breastfeed Bottle-feed Combination

Unexpected situations

Are you happy to have a caesarean, if necessary? Yes No

If assisted delivery is required, which would you prefer? Forceps Ventouse Midwife's recommendation

Special needs

Do you have any medical conditions or disabilities? Yes No

If yes, please give details

Do you have any particular needs? (Religious, cultural or dietary requirements.) Yes No

If yes, please give details

If English is not your first language, do you need an interpreter? Yes No

If yes, please give details

General

Do you mind if students attend or assist at the birth? Yes No

Other considerations

Would you like ambient lighting in the room, if possible? Yes No

Would you like the option of music during labour and birth? Yes No

Would you like a commentary from your midwife on your progress? Yes No

If you don't know the sex of your baby, how would you like to find out? By midwife Discover myself

Would you like your voice to be the first your baby hears? Yes Don't mind