

Your Birth Preferences Plan



A healthy mom, a healthy baby, and a positive birth experience – those are our goals at Kaiser Permanente. As your baby’s birth gets closer, you may be thinking about what labor will be like and how you can have a good experience. Making a birth preferences plan is a good way to share what you want with your hospital caregivers.

We cannot know exactly what the birth of your baby will be like before it happens, so we cannot guarantee that all your preferences will be appropriate for your labor. But we will work with you to keep your birth experience as close to what you want as possible, while keeping you and your baby’s health and safety our top priority.

Supporting your choices

It is our intention that every woman be treated with respect for who she is and what she prefers. We:

- Recommend classes to help you prepare for childbirth. Even for women planning to use pain medication or an epidural, classes help develop the skills needed to deal with labor and birth.
 - Support movement in labor because it often helps labor progress.
 - Support women who would like a birth that is unmedicated. You’re encouraged to have people present to help support this decision.
 - Support women who would prefer a birth that is as pain free as possible by using pain medication or an epidural for pain control.
 - Do not order routine enemas, shaves (except for cesarean births), or episiotomies.
- In addition to creating a birth preferences plan, there are a few things you can do to feel more at home while you are in labor. This includes bringing:
- Photographs or familiar objects that might be comforting to you. These can include a special blanket, a special pillow, or something that might serve as a focal point while you breathe through your contractions. Your labor room is for your comfort – make it cozy!
 - Music (check with your birth hospital as to what kind of player is offered).
 - Food and drink for your birth partner and other support people with you (some hospital cafeterias may be closed at night). You may also bring clear liquid drinks for yourself. Your preferred drink may not be available at the hospital.

Above all, Kaiser Permanente is committed to helping all mothers, babies, and families have a healthy and safe birth experience.



- I will bring this completed form to my next prenatal visit.
- I will not complete this form at this time. I will make decisions with my health care team during labor.

Name: _____ Medical Record Number: _____

We are committed to working with you to make your childbirth experience the best it can be. Your individuality and personal preferences are important to us. This is your birth experience, and we want you to tell your health care team about any preferences you have for your birth. We will strive to meet your expectations while keeping you and your baby's health and safety our top priority. In keeping with this philosophy, we will:

- Respect your wishes about pain management and breastfeeding
- Keep you informed at all stages of your labor
- Be committed to listening to and communicating with you in a compassionate manner

MY BIRTH PREFERENCES PLAN

Labor

Birth support: _____

Others attending the birth and their role:

- I would like to limit the number of guests while I am in labor to the people listed above.

Special concerns during labor – please address any concerns or fears your caregivers should be aware of:

Birth

Is there something your caregivers should know that will help create the atmosphere or memories that will make this birth experience everything you would like it to be?

Your baby

Soon after birth, you will have special bonding time with your family that will include direct skin-to-skin contact between you and your baby. Are there any requests you have for this bonding time?

Cultural or family traditions

Do you have any cultural or family traditions you will observe while in the hospital?

Other comments or requests

Comfort measures/pain relief

I wish to try:

- Relaxation techniques
- Breathing techniques
- Visualization techniques
- Movement, walking, position changes
- Warm shower
- Soaking tub
- Dim lights
- Massage
- Birthing ball
- Narcotic medication
- Epidural analgesia
- Nitrous oxide (where offered)
- Music
- Other _____

The following statement best describes how I feel about pain medication/epidural:

- I want pain medication/epidural to be given as soon as medically safe to do so.
- I want to go as far as I can but may choose to have medication/epidural if I really need it.
- I wish to avoid pain medication/epidural and do not want to be offered these unless I ask for them.

Delivery

I would like:

- To meet the pediatric clinician before birth (if possible)
- To choose my birthing position
- A mirror available to view the birth
- To touch my baby's head as it crowns
- That my baby be "lightly" dried off
- To have _____ cut the cord if possible

Postpartum

- I wish to exclusively breastfeed my baby.
- I need more information about routine procedures such as vitamin K, erythromycin ointment, and the hepatitis B vaccine.
- If I have a boy, I plan to have him circumcised.