

# My Birth Preferences



## First stage

- Low lighting
- Free movement
- Music playlist supplied
- Minimal cervical checks
- Students OK
- Small snacks water sips
- Massage and TENS machine for pain

## Second stage

- Supported squatting (Bar or Alice to support)
- Water birth preferred
- Quiet voices
- No guided pushing
- Hypnobirthing affirmations with Alice
- No drugs to be offered
- Max to be primary support Please tell them about procedures first Max to then discuss with me

## Third stage

- Shell to have immediate skin to skin & first feed no wiping
- Shell to cut cord no cord traction no pitocin
- Cord tie supplied
- Max to save placenta bowl supplied
- Golden hour to be observed
- Max to assist weight & measure

## Emergency

- Please discuss emergencies with Shell inside room
- Gentle cesarian preferred in emergency screen lowered
- Shell and Max present. Alice to be present for golden hour
- All other preferences to be kept the same