



Birth guide

This guide is intended to help you prepare yourself mentally for the birth of your baby. The following questions will help you to think about labour and the postpartum period.

Please complete this form and bring it with you to your antenatal consultation or the birth.

Personal details

Surname

First name

Date of birth

Part 1

Preparing for labour

I am preparing for labour as follows:

During labour

My biggest challenge during labour might be:

The following things help me in stressful situations:

The following things could help me cope with the pain:

I have given birth before and my experience was as follows:

After labour

I have considered the following issues related to the postpartum period:

Part 2

The following support person will be with me during labour:

- My partner
- Family member/friend
- Doula
- I will be coming alone.
- I want my support person to be present at all times.
- My support person should leave the room during the vaginal examinations/labour.
- My support person should be involved in all important decisions.
- Further information: _____

Preparing for labour

- I have attended/will attend an antenatal course.
- I am using media to prepare for labour (podcasts, blogs, videos, books).
- I am not preparing for labour.

These are my feelings when I think about giving birth soon:

- Anticipation
- Respect
- Excitement
- Fear
- Optimism
- Confidence

Explanation: _____

I react to stressful situations as follows:

- I tend to withdraw.
- I tend to become loud.
- I can sometimes be very assertive.
- I want to be alone.
- I don't want to be alone.

Things that might help me feel more comfortable during labour include:

- Soft lighting
- Gentle music
- Soothing scents
- My own clothes

Other things: _____

During labour

Communication

This is how I imagine communicating during labour:

Pain relief

- I want to give birth as naturally as possible and will tell you if I want pain relief.
- I do not want to be offered conventional pain relief.
- I am open to alternative methods of pain relief, such as:
 - Birthing pool
 - Massage
 - Homoeopathy
 - Acupuncture
 - TENS
 - Taping
- I would like the labour to be as painless as possible and would appreciate your advice on the best pain relief for each stage of labour.
- I am open to the following pain relief options.
 - Painkillers: such as tablets, suppositories, injections, infusions
 - Nitrous oxide
 - Ultiva (PCA/Remifentanyl)
 - Epidural anaesthesia

Expectations of the obstetric team

- I want to listen to my body and not be actively guided during labour.
- I would like to be guided during labour. Please tell me when to breathe, push or change position.
- I would like you to actively involve my support person in the birth. Please suggest ways in which he/she can best support me.
- Being informed by the midwife or doctor about every step of labour will reassure me.

After the birth

- I would like to pick up my baby myself.
- I would like the midwife to place my baby on my stomach.

The umbilical cord:

- Wait till it stops pulsating.
- I would like to cut it.
- It will be cut by my support person.

The placenta:

- I'd like to be shown it/have it explained.
- I don't want to see it.
- I'd like to take it home.

Postpartum period

Breastfeeding

- I want to breastfeed. I do not want to breastfeed. I will decide when the time comes.
 I don't want to breastfeed, but I want the baby to get colostrum.

I have breastfeeding experience. My breastfeeding experience was: _____

Did you use any breastfeeding equipment?

- Pump Nipple shields If so, why? _____

General information

Breastfeeding

I have a visiting midwife/nurse arranged for the postpartum period:

- Yes No

If yes, surname/first name of midwife/nurse: _____

I have already arranged for a paediatrician:

- Yes No

If yes, surname/first name of paediatrician: _____

What else is important to me?