

# Writing your birth preferences

- Writing your Birth Preferences
- Write your personal preferences, along with anything specifically about you, that you think it may help the midwives to know about.
- Once you have written it, you might want to show it to your midwife and ask her opinion.
- Print off about four copies.
- Include that you will be using self-hypnosis and relaxation techniques, and therefore want minimal talk with midwife.
- Include that birthing companion will be an integral part of the process, and wants the midwife to address all issues to him/her, in the first instance.
- Include something reassuring for them, such as, if there is a medical need, you will welcome their help (once they have explained things to you).
- Mention that you do not want to be offered any pain relief
- Make sure you include anything that you absolutely don't want.
- Mention that they can listen to baby's heart beat without asking your consent each time.
- You might want to add that you do not consent for a doctor to come in/to be transferred in, based just on the passing of time. If baby is well, and there are no other signs of trouble, you do not want to be rushed.

- You are allowed to decline all/any vaginal examinations at any point (or any other form of physical touch) and you can change your mind at any point. However, most women are happy to have them, and consenting to them may help the midwife do her job (and you might want to know how far dilated you are!)
- Think about your placental delivery. Mention that you want delayed cord pulsation. Do you want the injection (syntometrine or syntocinon) or a natural third stage (physiological)?
- Negotiate before the day, not on the day. If you are consultant led and have discussed options make sure they are on your notes and in your birth plan just in case you are seen by a different consultant at the birth.