At Women & Infants Hospital, we know how important it is to support your birth preferences while maintaining a safe outcome and positive experience for you and your family. We want to partner with you and your family during your pregnancy to learn about what is most important to you. We encourage you to talk with your care provider about your preferences over the course of your pregnancy, and work together to create and update your birth partnership as your delivery approaches.

My name is: ___________________________________  I prefer to be called: ___________________________________

My labor support people are: ________________________________________________________________

My doctor/midwife is: _____________________________  My baby’s doctor is: _____________________________

During my labor and birth, these things are important to me: __________________________________________

These are the things I am worried about: _______________________________________________________

These are the cultural, religious, or personal preferences that are important to me: ______________________

I am interested in the following comfort amenities: _________________________________________________

(A list of comfort amenities available at Women & Infants can be found at womenandinfants.org/HavingABaby and click on “Amenities.”)

The things that help me relax include: ____________________________________________________________

For coping, my goal is:

- [ ] Unmedicated labor and birth  - [ ] IV medication, if needed
- [ ] Epidural, if needed  - [ ] Nitrous oxide, if needed

These things are important to me after delivery: ___________________________________________________

My infant feeding plan is: _____________________________________________________________________

Notes: ____________________________________________________________________________________

_________________________________________________________________________________________

_________________________________________________________________________________________

_________________________________________________________________________________________

We look forward to caring for you and your family during your labor, delivery, and postpartum period. For more information, visit womenandinfants.org/HavingABaby.