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 baby. Please take some time to complete this worksheet with your birth partner and review it with your doctor or midwife at your next prenatal visit. Please bring a copy of this worksheet to Women & Infants and give it to your labor nurse.

My name is: ____________________________________________________________

My due date is: _________________________________________________________

My support people are: _________________________________________________

My doctor/midwife is: __________________________________________________

My pediatrician is: _____________________________________________________

I have worries, fears or concerns about: ____________________________________

_____________________________________________________________________

The most important issues to me during labor and delivery are: _____________________

_____________________________________________________________________

While I am in labor, I would be interested in the following amenities and laboring aids:

- Birthing ball.
- Birthing bar so I can squat during delivery.
- Bouncy chair.
- Hot/cold therapy.
- I-pod dock/CD player/radio.
- Mirror.
- Mobile fetal monitoring, allows for walking during labor.
- Rocking labor chair.
- Shower.
- Waterproof monitors (for use during shower).

I would also be interested in alternative therapies during labor through Women & Infants’ Integrative Care Program. For more information, please call (401) 274-1122, ext. 48756.

For coping with labor, I prefer:

- A natural, unmedicated delivery and birth.
- Pain medication, if needed.
- An epidural, if needed.

At the time of birth, I would prefer:

- My partner or I to be able to cut the umbilical cord, if the situation allows.
- To take part in a private cord blood banking program.
  - Name of program ______________________________

If I have a boy, I plan to:

- Have him circumcised at the hospital.
- Not have him circumcised at the hospital.

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