



LOUISE  
DREDGE

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HYPNOBIRTHING  
&  
POSTNATAL DOULA

HOW TO WRITE  
BIRTH  
PREFERENCES

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@theparentnanny  
www.theparentnanny.co.uk

## Where to start...

Is there anything you want your midwife/HCP to know about you? This may include any personal health information, previous pregnancies/births or experiences in hospital.

You may want to tell them that you have studied hypnobirthing techniques.

How are you feeling about birth? What have you done to prepare?

## Your best birth

If you could choose your best birth, your gold standard of birth, what would it look like? What would like it to include?

## Making choices

You always have choices available to you. Remember that this is your body and your baby, you are the highest authority on that.

Think about what makes you feel safe: both physically & psychologically.

Do a bit of research if there is anything you are not sure about - knowledge is power.

Use BRAINS to help make informed decisions.

## Things to think about

You can change your mind at ANY point.

Think of your preferences as a sliding scale - we cannot control every aspect of birth, only how we prepare for it and respond to any possible changes.

Have a few copies in case you need to give it to more than one person.

Is there anything you DON'T want?

## Websites for research

<https://www.aims.org.uk/>

<https://www.birthrights.org.uk/factsheets/>

<https://www.sarawickham.com/>

<https://evidencebasedbirth.com/resources-for-parents/>

<https://midwifethinking.com/>



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## During labour

Environment - how do you want it to look/feel/smell?

Who do you want questions to be aimed at? Who is making decisions? Yourself/your partner/doula?

Techniques - what do you plan to use?

Breathing/movement/a birthing ball or peanut ball?

Language - are there any words you want used or any you want avoided?

Comfort measures/pain relief - which do you want/not want? Do you want to be offered them or do you want to ask if you need them?

Vaginal examinations - want them or not?

Foetal monitoring - which are you comfortable with?

Guided pushing or FER - do you want to ask for your body and baby to follow their natural timing & rhythm?

Who do you want to deliver/catch the baby? Yourself, your partner, midwife or doula?

## Possible Interventions

Induction - a sweep, balloon catheter, rupture of membranes, proress pessary, synthetic oxytocin

Instrumental birth - forceps/ventouse

Caesarean birth - have you heard about a gentle caesarean? You can play your own music, ask for minimal talk from obstetrician, ask for lowered lighting, lowered screen, slower delivery of baby, skin to skin.

## After birth

Do you know the gender of your baby? Do you want it announced or to discover it yourself?

Skin to skin and the golden hours.

Delayed cord clamping - waiting for white and for the cord to stop pulsating

Feeding choices - breastfeeding or bottle feeding

Vitamin K for baby.

Placenta delivery - physiological (your contractions) or managed with injection (synthetic oxytocin)?

Do you want to see your placenta? Keep it? Use it for smoothies or encapsulate it?