

# My Birth Preferences



Name:

Birth Partner:

## My hopes for birth

### Planned place of birth

- Homebirth
- Freestanding birth centre
- Midwife-led unit
- Obstetric unit

### I would like to use a birth pool

- Yes
- No

## Comfort measures

### I am happy for students to be present at the birth of my baby

- Yes
- No

## Birthing my placenta

- Physiological management
- Active management
- Undecided

## Vitamin K

- Infection
- Oral drops
- I do not want my baby to have vitamin k
- Undecided

## I plan to...

- Breastfeed
- Formula feed
- Mixed feed
- Express my milk

## Extra notes for my midwife

If my original plan changes, the most important things to me are...