



# BIRTH SETTINGS WORKSHEET

*Discover your perfect birth story*

**Congratulations** on beginning your journey! Whether you're already expecting or just ready to start seeing your options, this worksheet is for you! Use this worksheet to help you uncover the truth behind the *Genesis* of your birth story!

What do you feel is most important when you think about your birth experience?

## Rank your values from most important (1) to least important (15)

- \_\_\_\_\_ Safety for the birthing parent and baby
- \_\_\_\_\_ A calm and comfortable environment
- \_\_\_\_\_ Access to medical support/interventions if needed
- \_\_\_\_\_ A low-intervention approach to birth
- \_\_\_\_\_ Freedom to move and make choices during labor
- \_\_\_\_\_ Respectful communication and shared decision-making
- \_\_\_\_\_ Trust and connection with the provider or birth team
- \_\_\_\_\_ Support for cultural, spiritual, or family preferences
- \_\_\_\_\_ Privacy and control of the birth environment
- \_\_\_\_\_ Involvement of partners, doulas, or family members
- \_\_\_\_\_ Cost of care
- \_\_\_\_\_ Continuity of care throughout my pregnancy, birth, and postpartum
- \_\_\_\_\_ Community resources/support and referrals during care
- \_\_\_\_\_ Breastfeeding support
- \_\_\_\_\_ Labor coping before or without epidural



# BIRTH SETTINGS WORKSHEET

*Discover your perfect birth story*

## *Provider Facts Sheet:*

### **OB/GYN**

- Training: Medical doctor, surgical specialist.
- Strengths: High-risk pregnancy management, surgical expertise.
- Consider if: You prefer a hospital birth, want access to an epidural/cesarean if needed. You have preexisting medical conditions that may need follow-up or make your pregnancy high-risk.

### **Certified Nurse Midwife (CNM)**

- Training: Registered nurse + graduate training in midwifery.
- Strengths: Holistic care, lower intervention rates, works in hospitals, birth centers, and sometimes homes.
- Consider if: You want a balance of medical and holistic care. You have preexisting medical conditions that may need follow-up but allow you to still be eligible for a mid-level care provider.

### **Certified/Professional Midwife (CPM/CM)**

- Training: Midwifery-specific, focused on physiologic birth, some attend schooling and others do strictly an apprenticeship-based model, all are required to take the same national exam.
- Strengths: Personalized care, continuity of relationship, often attend home and birth center births.
- Consider if: You want an out-of-hospital birth with a focus on low intervention.

### **Lay/Traditional Midwife**

- Training: These midwives often have little to no formal training and have been selected by their community to serve as midwives. All of their training is experiential/apprenticeship-based with no exam or requirements as proof of skill/expertise.
- Strengths: Congruent care within specific communities
- Consider if: You want an out-of-hospital experience with minimal to no intervention, and/or you have cultural needs that would be best met by these providers.



# BIRTH SETTINGS WORKSHEET

*Discover your perfect birth story*

## Location Fact Sheet

<u>Feature</u>	<u>Hospital</u>	<u>Birth Center</u>	<u>Home Birth</u>
<b>Access to medical interventions</b>	Full	Limited	Limited
<b>Emergency equipment on-site</b>	Full	Basic	Basic (midwives bring supplies)
<b>Environment</b>	Clinical	Home-like	Familiar/home
<b>Provider types</b>	OBs, CNMs	CNMs, CPMs	CNMs, CPMs
<b>Cost (average)</b>	Highest (Insurance)	Moderate (May accept insurance)	Lowest (Most likely cash pay)
<b>Transfer possibility</b>	Not applicable	Possible	Possible
<b>Best for</b>	High-risk	Low to moderate-risk	Low-risk

### Initial Preferences:

*Rate your initial preferences from 1 (most desired) to 3 (least desired)*

#### Provider Preference:

\_\_\_\_\_ OB/GYN    \_\_\_\_\_ CNM    \_\_\_\_\_ CPM    Other: \_\_\_\_\_

#### Birth location Preference:

\_\_\_\_\_ Hospital    \_\_\_\_\_ Birth Center    \_\_\_\_\_ Home



## BIRTH SETTINGS WORKSHEET

*Discover your perfect birth story*

How important is continuity of care to you when you think about your pregnancy, birth, and postpartum experience?

### *Who is your provider to you?*

What type of care style do you want from your provider (directive, collaborative, hands-off, highly involved)?

Describe how you see them interacting with you during your care.

Describe how they interact with you during birth.

What role do you want your provider to play in supporting your birth preferences?

Who do you want to be the primary decision maker in your care? (Please choose one)

Self    Partner    Care Provider    Other: \_\_\_\_\_



# BIRTH SETTINGS WORKSHEET

*Discover your perfect birth story*

## *Thoughts & Feelings*

**What do I know about out-of-hospital birth? Does that feel like a good option for me?**

**How do I feel about hospitals?**

**How do these feelings affect my thoughts/desires about where I give birth?**

**Do I have any health conditions that may impact my ability to have the birth that I want or imagine?**

**Do I have any previous birth experiences that impact how I view pregnancy and my ability to give birth? If so, describe.**

---



# BIRTH SETTINGS WORKSHEET

*Discover your perfect birth story*

## Putting It Together

Our top-ranked birth setting is: \_\_\_\_\_

Our top-ranked provider is: \_\_\_\_\_

Our top 3 non-negotiables for birth are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Questions we still have / areas we want to research further:
