Smith Birth Wishes

BIRTH care & LEARNING

This is an important day for us and we want to feel surrounded by love and support as we work together with you on our team.

Mom-to-be: OB/midwife:

Dad-to-be: Doula:

Estimated due date:

DURING LABOR

- Prefer no induction/augmentation method
- Freedom of movement, intermittent monitoring
- We would prefer no I.V., unless Strep B positive
- Eat and drink as needed

COPING PLAN DURING LABOR

- Relaxation techniques; birth ball, tub, massage, positioning, support and information
- We prefer not to use any pain medication, we know our options and will ask to discuss them if we feel we need them

BIRTH

- Deliver in a position of my choice/comfort
- Mother-directed pushing
- Delayed cord clamping, 3+ min

FOLLOWING BIRTH

- Immediate skin-to-skin and un-interrupted bonding time 60+ min
- Baby to remain with us at all times unless otherwise requested
- Baby to be breastfed only
- All possible newborn cares to be performed in mother's arms after 60 min
- Delayed bath