

We are requesting your help to attain our goals and have a happy, healthy birth. In the event of complications, we will give our full cooperation after an informed discussion with the doctor and private consideration between mother, father, and doula.

#### First Stage of Labor:

- Those to be present at all times at the labor and birth: Sean McGinness (father) and Bianca Wooden (doula)
- I would like to labor at home as long as possible and request the option to return home if I arrive at less than 5 cm dilated.
- I would like to have a birthing ball and request to have showers for pain relief when desired.
- I prefer to eat and drink as desired during labor. If IV is deemed necessary, please use a heparin lock so that I can move around and walk as needed.
- Please only intermittent monitoring through doppler and no internal fetal monitoring unless emergency arises.
- Vaginal exams only upon consent and as few as possible to avoid rupture of membranes
- Please no pitocin or breaking of water unless deemed medically necessary
- Please, no suggestion of analgesia or anesthesia unless requested
- Freedom to move and walk during labor
- I would prefer no hospital gown – I will wear my own clothes.
- Quiet, dim room, only essential staff please

#### Second Stage Labor :

- Choice of position for pushing; please no stirrups
- Mother chooses when to push, but guidance and counter pressure during crowning would be appreciated.
- No episiotomy please
- If delivery assistance is needed, please use suction instead of forceps.
- Mother would like to feel the head during crowning and catch or assist in catching baby if position allows.
- Please place baby on mother's chest directly after birth, unless medical intervention is necessary.
- Please do not suction baby unless vital.
- Cord to be cut only after pulsing stops
- Breastfeed immediately to help birth placenta – no pitocin, uterine massage, or pulling of cord please
- We plan to keep the placenta, so please do not discard it.
- Keep lights low and room quiet
- If stitching is necessary, please use local anesthetic.

Third Stage Labor:

- Newborn to stay with parents at all times; no nursery visits please
- Please delay all routine exams to allow for bonding time.
- We respectfully choose to decline hepatitis B and routine eye ointment. We'd prefer vitamin K vaccine be given while baby nurses to ease discomfort.
- Baby is not to be circumcised.
- If warming is needed, baby is to be placed on mother's chest with blankets. We will bathe baby on our own at a later time.
- Breastfeeding only: no bottles, pacifiers, artificial nipples, formula, or water
- Father to stay with baby and mother at all times
- If birth goes smoothly and baby is healthy and nursing well, we would like to leave as soon as mother feels comfortable doing so. We will be happy to sign a waiver if need be.

We thank you in advance for your support and kind attention to our choices. We look forward to a wonderful birth.

NOTE: In the event of a c-section, I would like Sean and Bianca to be present. Please let the baby remain with mother while being stitched up and moved to recovery.

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Father

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Mother

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Physician