



My Birth Choices

For information about pregnancy, childbirth, parenting education and breastfeeding visit www.womensnewbornhealth.com

womensnewbornhealth.com.au

Why list my birth choices?

In preparing for your birth you get to explore the many options available to assist you to birth and bond with your baby.

Every woman's birth is an individual experience and preferences for what is ideal varies from one woman to the next.

This document outlines options for comfort measures to use during your labour and birth. It also discusses various support options that your partner and support people can provide.

Your choices are not a **wish** list or a **rigid** set of rules about how you want your labour and birth experience to be. They are more of a guideline for you, your support people and the staff caring for you Exploring these options during your pregnancy will help you to make informed decisions about the assistance you need for birth and parenting.

Your birth choices should be flexible and change as you think more about what you would like for your birth. Each birth is different and preparing your birth choices/options are an important part of pre-birth preparation.

You are more likely to feel comfortable with your decisions knowing why you made them. Use of a simple tool such as the BRAIN acronym can assist with decision making (see last page).

You will be able to discuss your preferences with your partner/support people and find out how the hospital and staff can support your choices.

Attending preparation for birth and parenting classes is recommended.

There are a variety of options you need to explore. The following will assist you in having an active birth. The use of:

- Water
- Massage
- Music
- Active birthing positions walking around and being upright, or side-lying

Other things to think about:

- Who your support people will be?
- How will they support you during labour and birth?
- What are the benefits and potential complications of medical or surgical interventions?
- If you need to have a planned caesarean section what are your preferences for skin to skin contact with baby in the recovery room?

There are many examples and guidelines that can assist you with making your choices. The details will vary depending on what you prefer your labour and birth to be like and what options you prefer for your baby.

Flexibility is necessary and it is important to discuss your preferences with your care giver/s so they too are aware and can support you in your decision making.

The following is an example you may like to use to write down your choices.







Childbirth and parenting education: https://www.wslhd.health.nsw.gov/au/WNH/Childbirth-Rarenting-Education/2019-class-information-and-booking

Breastfeeding: https://www.wslhd.health.nsw.gov.au/WNH/Health-Information/Breastfeeding---Newborn-Baby-Care

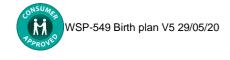
womensnewbornhealth.com.au

My De	tails
News	Birth Partner's
Name:	name:
Birth Partners' mobile:	
Baby's estimated due date	:
Other birth-support (doula	/ other family):
Previous birth experience	
Antenata	I Preparation for Birth
☐ I would like to know how to help reduce tearing at b	v to massage my perineum irth

My Labour & Birth

Environmer	nt
☐ Dim lights	□ Quiet music
☐ Aromatherapy	☐ Wear my own clothes
☐ Birthing ball	☐ Bed against the wall
☐ Hidden medical equipment	
□ Other-	
Monitoring my baby's heartbeat	
☐ I am happy to be monitored intermittently with a hand-held Doppler	
☐ If I require continuous monitoring, I prefer telemetry (cordless) so that I can remain active and mobile	

☐ Fetal scalp electr	ode (FSE)		
Waginal / Cervix examinations			
☐ I would prefer mi	nimal examinatio	ns	
☐ I am happy for ex by staff	kaminations as d	een	ned necessary
Relaxation labour	and comfort	t dı	uring
■ Massage	■ Warm packs ■ Bath		■ Bath
□ Shower	☐ Fit ball		☐ Bean bag
☐ Acupressure	☐ Hypnotherapy		☐ Other-
Mobility du	ring labour		
☐ I would like to ke (walking, fit ball, etc		labo	our if possible
☐ Mobility is not im	portant to me		
Position/s f	or labour ar	nd l	birth
■ Walking	☐ Standing		Kneeling
■ Squatting	☐ Sitting		Lying down
☐ Birth stool	■ Water birth		Other
Pain relief			
☐ Do not offer me prelief	oain relief – I will	ask	if I want pain
Only offer pain re	elief if I appear ur	ncor	nfortable
☐ Please offer pain	relief as soon as	s po	ssible
☐ I would like to us	e heat packs		
☐ I would like to us	e warm water - s	how	er or bath





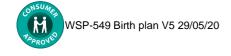


Childbirth and parenting education: https://www.wslhd.health.nsw.gov.au/WNH/Childbirth-Rarenting-Education/2019-class-information-and-booking

Breastfeeding: https://www.wslhd.health.nsw.gov.au/WNH/Health-Information/Breastfeeding-

womensnewbornhealth.com.au

Medical p	ain relief options	☐ Caesarean section	☐ Unsure (please talk to your health care provider)
Number options i	n order of preference:	Caesarea	· · · · ·
☐ I prefer to try to options	o manage without medical pain relief	In the event that	a caesarean section is deemed
☐ Gas (nitrous	☐ Sterile water injections for back	necessary, I wou	ld like the following:
oxide) / air	pain	☐ Birth partner present	☐ I do not want to be separated from my partner & baby
☐ Morphine	□ Epidural	□ Photos /	
Rupturing	of the amniotic sac	video	☐ I would like quiet music playing
☐ I prefer my am own	niotic sac be allowed to rupture on its	☐ Screen lowered at birth	☐ I would like the procedure described to me as it is happening
Birth		Delayed cord clamping	☐ Unsure (please talk to your health care provider)
	rm compresses applied to my birthing the baby	□Other	
☐ I would like a n crowning / birth	nirror available to view the pushing /	Immediate	ely following birth
☐ I would like to t	touch my baby's head when it crowns		y placed on my chest immediately
	b be told my baby's sex – I want to	after birth (skin-to	,
discover first-han	-	☐ I do not want n	ny baby wiped down and the vernix
☐ I would like my my baby as I give	partner / support person to receive		he liquor wiping off my baby's hands
			to find my breast and latch on
Episiotom	ıy	☐ I would like my	baby to remain skin to skin until after
☐ I do not want a	n episiotomy	the first breastfee	ed
☐ If indicated, an	episiotomy is acceptable	-	ord clamping and cutting until
☐ Unsure (please	e talk to your health care provider)	pulsating ceases	
Massisted	birth	☐ I would like to	cut my baby's cord
If additional medi	cal assistance is required for the	☐ I would like my	birth partner to cut the cord
	information about:	☐ I would to hold delivered	my baby while the placenta is
□ Forceps birth	□ Vacuum birth	denvered	







Childbirth and parenting education: https://www.wslhd.health.nsw.gov/au/WNH/Childbirth-Rarenting-Education/2019-class-information-and-booking

Breastfeeding: https://www.wslhd.health.nsw.gov.au/WNH/Health-Information/Breastfeeding--Newborn-BabyCare

womensnewbornhealth.com.au

☐ I would like to have active management of the 3 rd stage
☐ I would like a physiological management of the 3 rd stage
☐ I would like the baby to be examined:
☐ In my presence ☐ While still on my chest
☐ If the baby cannot be examined in my presence, I would like my birth-partner to remain with the baby at all times
☐ Unsure (please talk to your health care provider)
□ Other-
☐ I would like to go home from the Birth Unit, with home visits from a midwife

My Baby's Care

If my baby needs to go into a special care nursery due to medical reasons
☐ I would like to breastfeed / express breast milk for my baby
☐ I would like assistance to nurse my baby skin-to-skin
☐ Other requests:
Feeding my baby
☐ I wish to breast feed
☐ I wish to formula feed
☐ I do not want my baby to have formula milk

W Vitamin K for my baby
☐ I would like my baby to have the single injection of Vitamin K
☐ I would like my baby to have oral Vitamin K (three doses)
☐ Unsure (please talk to your health care provider)
Hepatitis B for my baby
☐ I would like my baby to be vaccinated with Hepatitis
B vaccine before discharge
B vaccine before discharge
B vaccine before discharge Unsure (please talk to your health care provider)

For further information about pregnancy and birth visit our website:

www.womensnewbornhealth.com

For information on childbirth and parenting classes visit https://www.wslhd.health.nsw.gov.au/WNH/Childbirth-Parenting-Education/2019-class-information-and-booking or click on the Childbirth and Parent Education tab on the home page

For information on breastfeeding visit https://www.wslhd.health.nsw.gov.au/WNH/Health-Information/Breastfeeding---Newborn-Baby-Care







Childbirth and parenting education: https://www.wslhd.health.nsw.gov.au/WNH/Childbirth-Rarenting-Education/2019-class-information-and-booking

Breastfeeding: https://www.wslhd.health.nsw.gov.au/WNH/Health-Information/Breastfeeding--Newborn-BabyCare

womensnewbornhealth.com.au

Need to make a decision?

Use your brain!

Benefits What are the benefits of this Procedure? How will this positively impact my labour, my baby or myself

Risks What are the risk of this procedure? How might this negatively affect my labour, my baby or myself

A Altenatives Are there alternatives to this procedure? Are there other options that may have similar results

Intuition What is my gut telling me about this?

Need time/Nothing

Can this procedure be delayed? Can I take some time to think about it? What will happen if I choose to watch and wait for now?

Adapted from www.chinookcitydoulas.com

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:

WSLHD-Get Involved@health.nsw.gov.au