

Name : _____

YOUR WISHES AND EXPECTATIONS

Note your wishes and expectations, and bring this with you when it's time to give birth.

1. Who will accompany you during childbirth? (one or more choices)

- spouse friend other: _____
 mother birth coach

2. What are your expectations toward this person?

3. What are your preferences for pain relief? (one or more choices)

- walking therapy ball bath
 massage medication epidural
 acupuncture pudendal nerve block local anaesthesia (perineum)
 other : _____

4. When your baby is born, who will cut the umbilical cord? (one choice)

- spouse friend doctor
 mother birth coach

5. When you think about labour and giving birth, what is most important to you? (one or more choices)

- intimacy with your spouse warm atmosphere, calm and intimate, dim light pain relief
 being encouraged with words and gestures the baby's safety other: _____

6. Would you like there to be a mirror so you can watch your baby's birth? _____

7. What are your fears or concerns?

8. How would you like to feed your baby:

- breastfeeding commercial preparation

9. Is there anything else we should know so we can help you experience childbirth in harmony with your wishes and expectations?
