Birth Preferences:  Rebecca Chin-Brown and Baby Girl Martinez

Partner/Father/Husband– Samuel Martinez
Doulas: Anne Delp, Stacia Biltekoff or Laila Ibrahim (Full Circle Doula Group)

I’d like to give unmedicated labor my best effort. We have educated ourselves prior to making these choices and are prepared to follow through on them. We understand that complications do arise and in such instances we trust the medical staff to consult with us on decisions that vary from our stated preferences. Thank you for all that you will do to help us welcome our child.

**Labor**

♥ I’d like to be able to move around and not be confined to the bed.
♥ For comfort measures I’d like to use the following:
  - Tub/Shower
  - Walking
  - Birth Ball
  - Standing/Sway
  - Massage
♥ I prefer the IV that will allow me to move around.
♥ As long as the baby and I doing fine, I’d like to have intermittent rather than continuous electronic fetal monitoring, preferably with a wireless unit if one is available.

**Medications**

♥ Please do not ask me to rate my contractions on a pain scale. I’d rather not think about that.
♥ Please do not offer pain medication to me. I know what medications are available to me and will request them if I decide I want them

**Delivery**

♥ I’d like to be allowed to push in the following positions:
  - Squatting
  - Side-lying
♥ I would like to be offered warm compresses and perineal message to help the area stretch.
♥ I would rather risk a tear than have an episiotomy.
♥ I’d like to touch the baby’s head as it crowns.
♥ I’d like a mirror to be available if I choose to watch.
♥ Please allow the cord to stop pulsing before it is cut.

**Welcoming Baby**

♥ If medically appropriate, I’d like the baby placed on my bare chest immediately after birth.
♥ We'd like Samuel to cut the umbilical cord after it has stopped pulsing.
♥ Please delay baby treatments until after initial breastfeeding.
♥ I will be breastfeeding the baby.
♥ Please, do not offer the baby a bottle or pacifier if s/he goes to in the nursery. Please allow Samuel to do finger feeding if supplementation is medically necessary.