

## Planning for Your Child's Birth

As you prepare and look forward to the birth of your child (children) there are considerations for planning. Here are some topics for planning and discussion with your obstetrician or midwife. We want you to know we will do all we can to honor your preferences while always protecting the health and safety of you and your baby. Bring this with you to the hospital to help your care team know your preferences.

Name (the name you prefer to be used by your providers)

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### Labor/Delivery

Who will be present with you during labor/delivery: \_\_\_\_\_

Considerations for comfort during labor (choose as many as you wish):

- ☐ Heparin lock for intravenous access
- ☐ Intermittent monitoring or portable monitors
- ☐ Soft music (bring music source/player with you)
- ☐ Aromatherapy
- ☐ Labor props (peanut balls provided, other yoga balls you would bring)
- ☐ Shower (bring a bathing suit for your partner)

### Photography

Will photos or videos be recorded by your support person? \_\_\_\_\_

### Pain management

You may or may not have a plan or you might change your mind as labor progresses. What best describes how you prefer to manage labor as you write your preferences?

- ☐ Unmedicated labor and delivery
- ☐ Epidural analgesia
- ☐ Other options you have discussed with your obstetrician or midwife:

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### Delivery Preferences

#### Birth practices

Many preferences are standard practice at UCLA, as long as the mother and baby are safe and healthy. Some standard practices are: skin-to-skin contact on mother's chest immediately after vaginal delivery and after Cesarean section if possible; delay of vitamin K and antibiotic eye ointment; delay of bath; and non-separation of mother and baby at any time unless there is a medical indication.

- ☐ I have made prior arrangements for storing umbilical cord blood.

**For a vaginal birth, I would like** (choose as many as you wish):

- ☐ To push in any position I prefer
- ☐ To use a mirror to see the baby's birth
- ☐ For the room to be as quiet as possible
- ☐ My support person to help support me during the pushing stage
- ☐ For my support person to cut the umbilical cord
- ☐ For the lights to be dimmed

### Feeding your Baby

What is your plan for feeding your baby?

- ☐ Exclusive breastfeeding
- ☐ Bottle feeding
  - ☐ Formula
  - ☐ Donor human milk
- ☐ Combine breastfeeding and bottle feeding

Other preferences as discussed with your obstetrician or midwife:

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