

BIRTH ON PURPOSE

BIRTH GOALS WORKSHEET

1. WHAT DO YOU WANT TO REMEMBER ABOUT YOUR BIRTH?
2. WHAT DO YOU WANT TO REMEMBER FEELING?
3. HOW DO YOU WANT TO BE TREATED AND SUPPORTED?
4. WHAT WOULD MAKE YOUR BIRTH MEMORABLE?
5. WHAT WOULD HELP YOU BEST PROCESS A CHANGE IN PLANS?

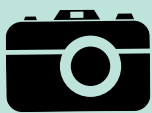
WHAT TOOLS WOULD HELP YOU ACHIEVE THESE GOALS?

Your answers to the questions above will be unique to you. Create a list of practical steps you can take to help you achieve your goals. Use the questions below to help you brainstorm some helpful tools:



CONSIDER YOUR BIRTH TEAM:

- Do you want any family or friends present?
- Do you want professional birth support (doula)?
- Do you want students or residents in the room?
- Do you want someone to take pictures or video?



CONSIDER YOUR SENSES:

- Do you want to use essential oils?
- Do you want dim lighting?
- Do you want to bring a prop to encourage you during labor?
- Do you want music playing?
- Do you want to wear your own clothes?
- Do you want to use heat or cold for comfort?
- Do you want to have a special post-delivery meal?
- Do you want people to talk in soft voices and wait until after a contraction is over to address you?



TOPICS TO DISCUSS WHEN INTERVIEWING YOUR PROVIDER*:

Most birth plans contain your desires with the topics below. These are important decisions to make. The best time to be asking these questions is when you are picking your care provider because their responses to your questions about these interventions below will quickly indicate if they are a good fit for you. We recommend not waiting until your final weeks of pregnancy to be having these discussions with your care provider.

- Movement during labor
- Intermittent vs. continuous monitoring
- IV fluid, hep lock, or no IV
- Rupturing membranes
- The use of drugs or augmentation in labor
- Episiotomies vs. natural tearing
- Pushing in any position
- Delayed cord clamping



**Or at least before full-term*