

Thank you in advance for the excellent care during the birth of our first child.

Early Labor

- We prefer for labor to start on it's own. If induction is required we would like to try more natural methods before using medication.
- We would like to labor at home until contractions are 5 minutes apart, 1 minute long and continuing in this pattern for 2 hours.

Active Labor & Birth

- We are hoping to have a drug free, vaginal delivery but will request an epidural if needed.
- As first time parents we would like lots of support, advice, and guidance from our midwife and nurse.
- I would like to be free to walk, and use the Jacuzzi tub, a birthing ball, and a birthing stool if available.
- If I feel that an epidural is needed, I would like to be sure I am in a steady labor pattern before receiving it.

After Baby Arrives

- Jonathan would like to cut the baby's cord after it has stopped pulsing.
- During our skin-to-skin bonding, we would like to see if the baby would initiate breast-feeding.
- If the baby doesn't initiate breastfeeding on her own, we would like a lactation consultant to help us within an hour of her birth.
- I will be exclusively breastfeeding.
- We would like our baby to receive Vitamin K, but we would like to opt out of eye drops and Hepatitis B.
- If the baby needs to be taken away from me immediately following her birth, please care for her within my view if possible.

C-Section

- I hope to avoid having a c-section, but if necessary I would like Jonathan and my mom to be with me at all times.
- Please explain the surgery to us as it is happening.
- I would like to be able to touch the baby with my hands as soon as possible after she is born.
- I would love to be able to see the baby as she is being cared for immediately following her birth.
- If the baby needs to be taken away, Jonathan will stay with her at all times and my mom will stay with me.
- As soon as possible Jonathan would like to have skin-to-skin contact with the baby if I am not available.