

## How to write a birth preference list:

Over the coming weeks you may wish to prepare a birth preference list together with your birth partner. Whilst there is no way of knowing exactly what your labour will be like or how you may feel, it is good preparation to consider your preferences for labour and birth whilst you are pregnant. Gathering information from reliable sources such as antenatal classes, your midwife or the NHS Choices website can help you to make informed decisions about your labour and birth. Here are some of our tips for what to include in your birth preference list:

- Write your birth preference list in a chronological order
- Try to keep it as concise as possible. Bullet points are often easier to read than a large body of text
- This can be written in your green notes (page 29 titled Preferences for Birth), or on a separate piece of paper. You will have the opportunity to discuss this with a midwife at your 36 week antenatal appointment

Here are some things you may wish to include:

- Who would you like to be with you during your labour?
- Are you happy for a student midwife to be involved in your care?
- Have you done a Hypnobirthing course and if so how can the midwife help to support you with this?
- Have you considered any pain relief options? You will discuss these with the midwife looking after you in labour
- Would you like to use the birthing pool?
- Would you like to listen to music during labour?
- Who would you like to reveal the sex of the baby if it is a surprise?
- Who would like to cut the baby's cord?
- How would you like to manage the 3<sup>rd</sup> stage of labour? This can be physiological management or active management
- Would you like your baby to have Vitamin K?

Once you have thought about your birth preferences you may wish to start planning what you will need to bring with you if you are having your baby in hospital. Have a look at our 'what to bring in to hospital' leaflet for ideas.

If you need any further support writing your birth preference list, please ask your community midwife.

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.