**Birth wishes**

Name Due date

Name partner Place of delivery

Date of birth Baby will get breast/formula/both

Pregnant with ……………… child Maternity care (‘kraamzorg’)

*First read our document ‘Giving birth at Breedstraat practice – what to expect’. Do you have questions or do you want something different than our regular care? Then write this below.*

*I want more information about / I want something different:*

|  |  |
| --- | --- |
| **Subject** | **discuss?** |
| **surgical Intervention and consent** |  |
| **presence of the midwife** |  |
| **atmosphere** |  |
| **analgesics [[1]](#footnote-1)** |  |
| **Internal examination** |  |
| **checking the baby’s heartbeat** |  |
| **pushing** |  |
| **the baby has been born** |  |
| **feeding and vitamin k** |  |
| **carers in training** |  |
| **maternity period** |  |

*Explain…*

|  |
| --- |
|  |

How do you look back on previous births?

How do you imagine the upcoming birth?

Do you have special requests regarding positions during labour? (on the bed, birthing stool, skippy ball, shower/bath)

How would you like to manage the pain during labour? (bath/shower, breathing exercises, relaxation exercises, music, TENS, analgesics)

What do you expect of your caregiver? (midwife, gynaecologist, maternity nurse) What do you expect from there communication? What is important to you? Is there an approach you (dis)like?

Are you worried about anything regarding the birth?

Is there anything regarding the birth you need us to know about?

*\*Please note: by referring to 'you' in this document, we sometimes also mean your partner (if applicable)*

*All care providers involved will attempt to follow your birth wishes as close as possible so that your wishes are carried out as agreed. However, no right can be derived from this, because there may be a (medical) reason to deviate from the plan.*

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1. *Read the information on our website* [*https://verloskundigenbreedstraat.nl/en/labour/analgesia/*](https://verloskundigenbreedstraat.nl/en/labour/analgesia/) *and the leaflet ‘How to deal with pain?’* [↑](#footnote-ref-1)