

Type of Delivery

- ☐ vaginal with epidural
- ☐ vaginal with no epidural
- ☐ cesarean Section
- ☐ induction
- ☐ wait for labor to start on it's own

Support in Labor (HRH allows up to 2 people at the bedside for support in Labor & Delivery)

- ☐ birthing partner as support
- ☐ father of baby as support
- ☐ nurse as mom's support
- ☐ others as support: _____

Comfort Measures in Labor

- ☐ wear my own clothing
- ☐ massage
- ☐ meditation
- ☐ visualization
- ☐ essential oils
- ☐ music
- ☐ movement in labor
- ☐ change positions
- ☐ _____
- ☐ _____

Labor Positions

- ☐ in bed
- ☐ walking
- ☐ exercise ball
- ☐ peanut ball
- ☐ swaying/dancing
- ☐ freedom of movement
- ☐ jacuzzi tub
(if no rupture of membranes & no induction of labor)
- ☐ shower
- ☐ lunges

Pain Medication

- ☐ epidural
- ☐ IV narcotics
- ☐ nitrous Oxide

Labor Induction/Birth Assistance

- ☐ doctor breaks mom's water
(artificial rupture of membranes)
- ☐ pitocin
- ☐ episiotomy
- ☐ vacuum or forceps assistance
- ☐ fetal monitoring during labor and birth
(monitor heart rate of baby)

2nd Stage of Labor (Pushing)

- ☐ squatting
- ☐ in bed
- ☐ hands and knees
- ☐ side lying

Infant Care

- ☐ skin to skin with mother after birth
- ☐ no separation of mother and baby
(baby is medically stable)
- ☐ delayed cord clamping (HRH standard)
- ☐ breastfeeding
 - ☐ breastfeed within 1st hour
- ☐ formula
- ☐ pacifier
- ☐ umbilical cord cut by partner
- ☐ newborn medications
 - ☐ vitamin K
 - ☐ hepatitis B vaccine
 - ☐ erythromycin
- ☐ bath at 8 hours old (HRH standard)
- ☐ rooming in with mom (baby in mom's room)
- ☐ circumcision after 24 hours of age (for boys)

Other important things I want to be considered: