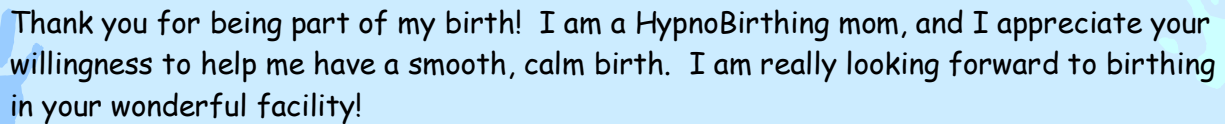


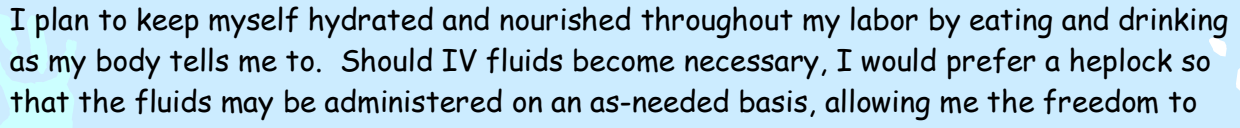


Birth Preferences for Fiona Judd

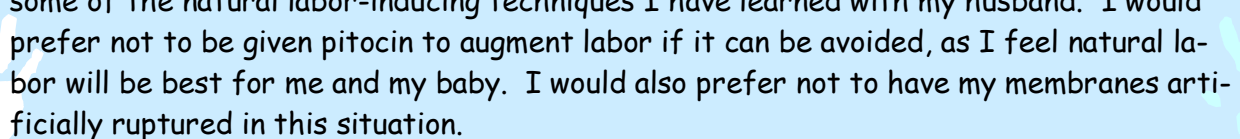


Thank you for being part of my birth! I am a HypnoBirthing mom, and I appreciate your willingness to help me have a smooth, calm birth. I am really looking forward to birthing in your wonderful facility!

Please try to remain as quiet and calm in my room as possible. I plan to have relaxing music and soft lighting to remind those who come in and out that I prefer a calm birthing environment. This will help me with my hypnosis.

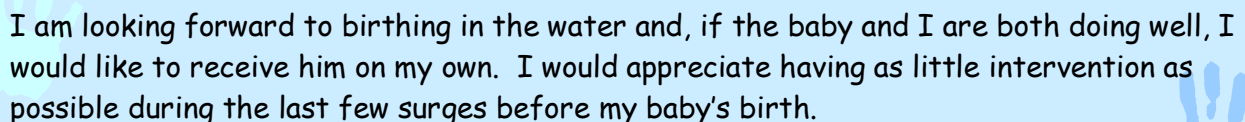


I plan to keep myself hydrated and nourished throughout my labor by eating and drinking as my body tells me to. Should IV fluids become necessary, I would prefer a heparin lock so that the fluids may be administered on an as-needed basis, allowing me the freedom to move around and change positions as my body tells me to, including getting in and out of the tub.

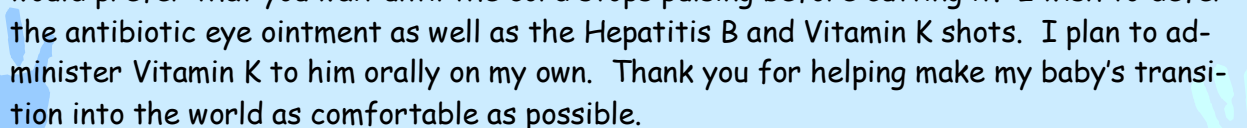


If at any point during my stay labor slows or stops, I would like time and privacy to try some of the natural labor-inducing techniques I have learned with my husband. I would prefer not to be given pitocin to augment labor if it can be avoided, as I feel natural labor will be best for me and my baby. I would also prefer not to have my membranes artificially ruptured in this situation.

I plan to bring my own birth ball with me. However, should I forget mine in the hustle of leaving, I would appreciate using yours.

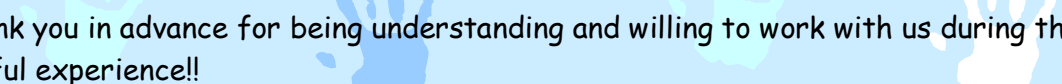


I am looking forward to birthing in the water and, if the baby and I are both doing well, I would like to receive him on my own. I would appreciate having as little intervention as possible during the last few surges before my baby's birth.



When my baby is born, I would like him to come straight to my chest for 1 hour of skin-to-skin contact. I want to give him the chance to crawl to the breast and feed within the first hour after birth. Any wiping or suctioning can be done with him on my chest. I would prefer that you wait until the cord stops pulsing before cutting it. I wish to defer the antibiotic eye ointment as well as the Hepatitis B and Vitamin K shots. I plan to administer Vitamin K to him orally on my own. Thank you for helping make my baby's transition into the world as comfortable as possible.

I would like to see my placenta following birth and save it for encapsulation. I am also open to placental ingestion should I have issues with bleeding or cramping immediately following birth. I had severe post-partum cramping with my last birth and would like to do anything I can to reduce that pain this time.



Thank you in advance for being understanding and willing to work with us during this wonderful experience!!