

Birth Preferences for Fiona Judd

Thank you for being a part of my birth! I am a hypnobirthing mom, and I appreciate your willingness to help me have a smooth, calm birth. If you have a nurse on duty who is partial to natural birth and/or hypnobirthing, please send her in!

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.

During my hospital tour, the attendant noted that you do not require an IV/Heplock for normal, non-medicated births. Should I require an IV at some point, I would prefer a heplock 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.

Also related to my desire for freedom of movement, I would prefer intermittent external fetal monitoring, if at all possible, limited to the minimum time required by the hospital.

Please do not offer me any medication. If I feel I need it, I will surely ask.

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 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 and CD player to the hospital. However, should I forget one or both in the hustle of leaving, I would appreciate using yours. I would also like to try the squat bar, if it is available.

Please help me avoid an episiotomy. I have been practicing perineal massage faithfully, and feel that this procedure can be avoided. I prefer a small tear to an episiotomy.

When my baby is born, I would like her to come straight to my chest for 15 minutes of skin-to-skin contact. Any wiping or suctioning can be done with her on my chest. I would prefer that you wait until the cord stops pulsing before cutting it. Please weigh and measure her as quickly as possible so she can come right back to my arms for her first feeding. I wish to defer the antibiotic eye ointment, as I do not have an STD, as well as the Vitamin K and Hepatitis B shots. Thank you for helping make my baby's transition into the world as comfortable as possible.

Finally, please note that my baby is a breastfeeding only baby and I insist she not be given any formula, water, or pacifiers as this would only confuse her.

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