



# Our Birth Partnership

At Huntington Hospital Family Birth Center, our goal is to deliver the custom birth experience you want, while maintaining a safe outcome and positive birth experience.

We want to get to know you and your family to learn what is most important to you and create a birth partnership. As you anticipate your birth experience, we encourage you to talk with your care provider about your pregnancy and birth preferences and update this plan as frequently as needed.

Please share and review this birth partnership plan with your Huntington Hospital team when you arrive at the Family Birth Center.

## About Me

My name is: \_\_\_\_\_ I prefer to be called: \_\_\_\_\_

My labor support people are: \_\_\_\_\_

My obstetrician is: \_\_\_\_\_

My baby's pediatrician is: \_\_\_\_\_

I have an important medical issue that my birth team should know about: \_\_\_\_\_

These are methods I have used or plan to use to prepare for childbirth and post-birth period (classes, books, doula, etc): \_\_\_\_\_

I am worried about these things: \_\_\_\_\_

These things help me relax: \_\_\_\_\_

These are my cultural, religious or personal preferences that are important to me: \_\_\_\_\_

## My Labor and Birth

During my labor and birth, these things are important to me: \_\_\_\_\_

I am interested in the following comfort/pain management techniques and measures (e.g., breathing/relaxation techniques, freedom to move around the room and change positions, massage, birth ball): \_\_\_\_\_

For coping during labor and birth, my goal is:

- Unmedicated labor and birth       IV medication, if needed       Epidural, if needed

When baby is arriving, I'd like my birth partner to be involved in this way (e.g., my partner would like to cut the cord, I would like my partner at my side, I would like my partner to assist with skin-to-skin): \_\_\_\_\_

## After Baby is Born

During my time on the Mother Baby Unit, these are the most important things to me: \_\_\_\_\_

My preferred method of learning is: \_\_\_\_\_

My newborn feeding plan is: \_\_\_\_\_

Notes you would like to share with your care team: \_\_\_\_\_