

Birth Preferences for your Delivery at

The
Childbirth
Center



At Griffin Hospital

The day your baby is born will be one of the most important and memorable days of your life. We are honored to be a part of it!

NAME

DATE OF BIRTH

SUPPORT PERSON

DUE DATE

We welcome two support people during your labor and delivery. During your time as a postpartum patient, you may have additional visitors.

Our goal is to have a healthy mother and baby. Creating this Birth Preferences list will make your wishes known to your care team at the Childbirth Center. We will do our best to honor your wishes. In certain circumstances, it may be necessary to change the original plan. You, your support people, doctors, and nurses will work together to ensure a safe and exceptional birthing experience.

The Following Are Standards of Care at the The Childbirth Center:

- Skin-to-skin for the first hour of life (The Golden Hour)
- Initiate breastfeeding within the first hour
- Delay baby's medication administration until after the first hour of life
- Rooming-in (baby stays in the room with mom)
- Visit from our lactation specialist
- Feeding on demand based on hunger cues
- Delayed cord clamping
- Immersion bathing for baby in our "Turtle Tub" at least 8 hours after birth
- Offer support person or birthing parent to cut the umbilical cord

During Labor

My Room

- Intermittent monitoring to allow walking and moving freely
- Use my personal music playlist
- Dim lighting
- Use of aromatherapy (we provide lavender and orange scent)
- Positioning
- Use birthing ball/peanut ball
- Walking/standing when possible
- Spinning Babies® positioning
- Squatting
- Dancing

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Labor Pain Relief Options

- Distraction
- Breathing
- Massage
- Meditation
- Cold packs
- Warm shower
- Jacuzzi tub

Labor Pain Medications

- I would prefer no medication be offered to me
- I will request pain relief options if needed
- I am open to suggestions from my nurse and doctor
- Nitrous Oxide
- Stadol
- Epidural

Delivery

Pushing

- Push when and how I feel comfortable
- Get coaching on when and how to push
- View the baby's birth in a mirror
- Apply warm compresses to perineum
- Perineal massage
- Avoid episiotomy
- Privately bank my baby's cord blood (parents to make arrangements prior to coming to the hospital)
- Birthing parent or support person will announce gender of baby

Baby's Care

The American Academy of Pediatrics recommends that newborns receive vitamin K, Hepatitis B vaccine, and Erythromycin eye ointment after delivery.

Please Give My Baby

- Vitamin K injection
- Erythromycin ointment
- Hepatitis B vaccine (consent will be obtained during admission)

If you decline vitamin K or Erythromycin you must discuss with our pediatric provider and sign a refusal form as these are state-mandated medications.

Circumcision For Baby Boys

- Before discharge home
- No circumcision

Baby's Bath To Be Provided

- In the presence of myself and partner
- Do not bath my baby while in the hospital

Baby's Feeding

We support your feeding choice. We encourage breastfeeding as it is best for your baby. We will ask you to track your baby's feedings and diaper changes while in the hospital.

- Breastfeeding
- Formula feeding
- Combination of both

Bonding

All rooms are private to support rooming in for you, your baby, and your support person. Rooming in with your baby promotes bonding and helps you learn your baby's feeding cues. This will help you be prepared to care for your baby at home.

- One support person is planning to stay overnight. No children are allowed to stay overnight.
- I will be relying on the Childbirth Center staff to assist me

Post Delivery Pain Management Options

- Avoid narcotic pain medication
- Witch Hazel pads
- Tylenol (Acetaminophen)
- Motrin (Ibuprofen) – for cramping and swelling
- Stool softeners to avoid constipation and straining
- Walking to prevent gas discomfort
- Narcotics for severe pain as prescribed by my doctor

Cesarean Section

For both planned and unplanned cesarean births, your healthcare team will guide you through each step of the experience. One support person will be allowed in the operating room with you.

- If unplanned, make sure all options are exhausted before the decision for a cesarean birth is made.
- Partner to be present as much as possible and remain with me
- My hands left free to touch my baby
- Use a clear drape in the operating room
- Place my baby skin to skin and begin breastfeeding as soon as possible.

Requests

I will discuss the following requests with my doctor and nurse upon arrival to the hospital for my delivery.

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