



Birth Wishes - Example 1

made with love by Anya
@avocadoparenthood for
BIRTHMOOD

Note: the birth letter/wishes below is an example, and not the actual birth letter from the family in the photo

Hi, my name is, I am happy that you are on my birth team!
I have been preparing for the birth carefully, and there are certain wishes that I would like to share with you:

- Please let us know what your name is when you enter the room, and if you can, **please speak English, that way my birth team and I can understand better**
- It is important for me that the **space is quiet and not too bright**
- It would be important for me to know what is going on and if any medical support is offered or needed, **please let us know ahead of time, that way we will have some time to think and make a decision**
- **Please ask for my consent beforehand**, that way I will feel safer and will feel involved in the decision-making process
- As the labor progresses **I would love to have the opportunity to move around, movement has been of great help to me in the first two labors**
- **Water has been great help for me too**, if possible, I would like to have access to a bathtub and/or a shower
- **I would like to be in the vertical position as long as it feels right for me**, I would not want to lay on my back as I may have less control of my body
- It is important for me that my **partner and doula are nearby** for emotional and physical support in the process, it is important that my birth team reminds me about water, snacks, and going to the bathroom from time to time.

My birth team and I will make sure to ask questions.

Medical support

I am happy to have the medical staff available to me, but I would like to try to have an unmedicated birth as much as possible.

- I **would not want an induction** of any kind (including sweeps or an amniotomy)
- I **would not want to have an episiotomy nor an instrumental delivery** unless absolutely necessary
- During the pushing phase, **if the baby is doing fine, please do not rush the process.** And if possible, **please put warm cloth on the perineum.**
- Once the baby is born, **it is important for me to have skin-to-skin contact with the baby**
- Unless there is severe bleeding, **I do not want to have routine oxytocin shot post delivery.** Please **do not cut the cord until white.**
- If possible, **please evaluate the baby on my chest**

Thank you very much, my baby, my birth team and I are grateful to have your support!



Birth Wishes - Example 2

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Note: the birth letter/wishes below is an example, and not the actual birth letter from the family in the photo

Hi, my name is _____, I am happy that you are on my birth team! I have been preparing for the birth carefully, and there are certain wishes that I would like to share with you:

- It is important for me that the **room has a soft light and comfortable temperature.**
- **Please ask/inform me** every time you want to perform a procedure and please allow me to ask questions.
- I prefer to have **all communications in English, so I can feel safe and relaxed.**
- **Anesthesia:** If possible and if there are no immediate risks to the baby, I prefer to receive Epidural anesthesia and would like to make sure it is adjustable to my needs.
- **Delivery:** if there are any complications or if the birth is being delayed for any reason (lack of dilation, baby does not come down low enough, etc.), opt for a cesarean section.
- **Induction:** I prefer to wait a little longer and allow time for everything to follow its natural course, instead of accelerating the delivery by any method (Pitocin, breaking waters, Hamilton method, etc.). But preferably avoid the membrane sweep.
- **Instrumental delivery:** Preferably do not use instruments (forceps, vacuum, etc.).
- **Pushing:** slow down and use warm clothes to avoid tears. Please ask if an episiotomy is needed.
- **Placenta / Umbilical cord:** Wait for the cord to stop beating to cut it. If necessary, use oxytocin to deliver the placenta.
- **After birth:** “Skin to skin” time, and afterward provide all the necessary exams to baby.



Birth Wishes - Example 3A & 3B

Below you will see two letters and a page with wishes:

Example 3A - A family who would like to try to have a non-medicated birth with few interventions and a bit of more space for themselves

Example 3B - A family for who feels certain that they would like to have epidural anesthesia and doctor's guidance through the birth

Wishes in a bullet point form that could be used for both families

Note: the birth letters/wishes below is an example, and not the actual birth letters from the family in the photo

Birth Wishes - Example 3A - a family who may prefer a non-medicated and mostly hands-off birth

Hello dear birth team,

We are M and D, and we are looking forward to having your care during the birth. We aim for a natural birth in the hospital and wish to share a bit about ourselves and our hopes.

I'm not afraid of the pain, but I worry about unnecessary medical interventions. I know a lot about the autonomic nervous system, breathing and how the body can react depending on the person's environment. I also have past sexual abuse experience, which makes the birth a particularly vulnerable event for me, and I would like to avoid any unneeded intervention.

It is most importance for me to feel as safe as possible and understand what is going on. Have my partner and a doula with me is also of big support. We have all prepared for the birth together, we practiced breathing together and relaxing the body, and I would like to give those methods a go. I also would be open to using gas and air, TENS machine and acupuncture for pain relief, and would like to avoid epidural anesthesia and any instruments during the delivery.

CTG and vaginal examinations:

While we understand that the recommended procedure involves continuous CTG monitoring of the baby, we respectfully request to opt-out of this practice. I would be open to having a CTG as soon as we arrive in the hospital to ensure the baby is doing okay, and maybe several hours into the birth. Continuous monitoring could prove uncomfortable for me and may detract from my focus during labor.

I also know that CTG can also be carried out without me having to lie down. I appreciate this option if I need to move around. Of course if a medical need arises, I understand that monitoring and other interventions may be required.

I also would like to limit the number of vaginal examinations and breaking the waters. If vaginal examinations are required, please take extra care and verbally guide me through the process.

Thank you for your dedication and support as we step into the birth.
Please see the next page (the bullet points).

Birth Wishes - Example 3B - a family who may prefer epidural anesthesia and monitoring

Hello dear birth team,

We are M and D, and we are looking forward to having your care during the birth. We wanted to take a moment to share our preferences and hopes for the upcoming birth.

From previous experiences I know that I have quite low pain tolerance, and I open to utilizing non-medical pain relief and epidural anesthesia options to help manage discomfort during labor. I will feel how the birth goes and how the pain is felt, yet it gives me comfort knowing that these options are available to us if needed. I know that sometimes it takes time for the anesthesiologist to come in, we will try to give you a notice ahead of time. We trust in your expertise to guide us through these choices and ensure the safest and most comfortable experience possible.

As expectant parents, our primary concern is the well-being of both the baby and D. Regular check-ups and monitoring throughout labor would greatly reassure us and help us feel informed about the progress of the birth. Knowing that we have access to medical interventions if necessary brings us a sense of security and peace of mind.

CTG monitoring is something I am open to, but I would like to limit the number of vaginal examinations. I understand that we may need to make decisions about a variety of medical support. It would be very important to us that you share the benefits, risks and alternatives of all interventions, so we make informed decisions.

I am grateful to have a support team, including my partner and my doula. We have prepared for the birth by practicing relaxation techniques and are grateful for the opportunity to incorporate these methods into the labor process.

We understand and appreciate the importance of flexibility in childbirth, and we trust in your expertise to guide us through any unexpected circumstances that may arise.

Thank you for your dedication and support as we step into the birth.
Please see the next page (the bullet points).

Birth Wishes - bullet points to follow the letter for 3A or 3B

Us as a birth team all together:

- Please speak to us in English, that is the language we feel most comfortable with
- When entering the room, please share your name and let us know who you are (midwife/doctor/childcare provider) and what you would like to chat about or offer
- Please do ask for consent before any medical support is given
- Please share with us the benefits, risks and alternatives for the offered procedures, we like to know the details and we will ask questions
- Please always give us extra time to think through decisions, we do best when we have a bit of extra time to think alone
- Please do not rush us in the birth, give me and the baby all the time we need

Birth environment:

- I would like my partner and doula to be close by and guide me through breathing, offer massage and help me change positions
- Dimmed light in the room will help me stay focused and relaxed
- Changing positions during the whole birth - staying active often helps me, and may help the baby as well. I will also make sure to rest as needed.
- Water is something that I enjoy and I think might help me during contractions - if possible I would like to use a bathtub, if not possible, then a shower

Meeting the baby:

- If possible to give birth on all fours or squatting, I would like to try, but I will see what feels best for the body
- Once the baby is born, I would like to have undisturbed skin to skin time if possible. If skin to skin is not possible with me, please give the baby to my partner for skin to skin
- Please give the baby a chance to find the breast on her own
- Please wait before the umbilical cord is white and limp before cutting the cord
- In case of a Cesarean birth, we would like to please do vaginal seeding

Thank you for your understanding our wishing and sharing all the care,
M & D & baby

Birth Wishes - Template

Hello dear birth team,

Introduce yourself... we are Name and Name, and we are looking forward to having your care during the birth.

A general statement of what may be most important for you during the birth. Include any back story if relevant.

Share a bit about you, what do you think about the upcoming birth. Share what you know about yourself that may be important for the team to know. If you have any previous experiences at the hospital or experiences with pain or any history of sexual abuse, please do share, so the team is extra careful and attentive.

Share what usually makes you feel safe. Say that the presence of your partner and your doula is important for that safety, if applicable.

(If coming with a partner or a support person) - share that you and your partner have thoroughly prepared for this birth and you are here as a team. You can give some more details about how you prepared.

Clarify anything that you may not want or might be unsure about. Kindly share that you understand that if there is a medical need, then of course an intervention (which originally was not wanted) may be needed.

Share other wishes and important details in a bullet point form.

Thank you

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