

BIRTH PREFERENCES

Mother: [Name]

Father: [Name]

Doula: [Name]

For Mama:

1. I AM A SEXUAL ABUSE SURVIVOR! DO NOT TOUCH MY WRISTS under any circumstances, including taking my pulse. DO NOT TOUCH MY KNEES OR LEGS, including during the pushing phase. If necessary, I'll have my doula and husband hold my legs up.
2. I am refusing all vaginal checks, with the exception of admitting me and with the urge to push. I also request to be on my back for any exams.
3. I'm requesting that no one speak to me. There are numerous possible verbal triggers. If at all possible, during the pushing phase and during vaginal exams, please direct communication to my husband and doula. Please refrain from encouragement and guidance during the pushing phase.
4. I am requesting only female midwives.
5. I would like my room limited to one midwife and one nurse: no students or observers at any time; if it's necessary for pediatrics to come in for my baby, I request that they stay behind the curtain until the baby's out.
6. Please speak in hushed tones and take any unnecessary conversations outside.
7. My dietary restrictions are: gluten and soy-free diet.
8. We are trying to make this birthday a quiet, uninterrupted, and private experience. I have gone through a lot to narrow down my birth team to people that make me feel "safe." We so greatly appreciate your willingness to help me through such a special time for our family.

For Baby:

1. We are encapsulating our placenta, please put it in our cooler.
2. Perform all initial care while our baby is on my body.
3. Baby will be exclusively breastfed -- no bottles, pacifiers, sugar water, formula, etc. -- for any reason. I am requesting my breastfeeding abilities be assessed by a lactation consultant immediately after birth.
4. No injections unless baby is at my breast.
5. If extra care is needed, Daddy will accompany baby.
6. We will not be administering antibiotic ointment on our baby's eyes, nor will we be giving the vitamin K injection. Please have the waivers necessary for us to sign to decline such measures.

Again, we'd like to thank everyone involved in our care for their willingness and patience in helping us with our new baby's birth day!