



# THE MIDWIVES' CLINIC OF EAST YORK - DON MILLS

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## Planning for Labour and Birth

This document is a chance for you to think about your wishes for your labour and birth. You can write your answers here and share them with your support people including your midwives and/or you can use these questions to help guide your thinking and discussions about your birth. \*\*\*Keep in mind that labour and birth are often unpredictable, plans may need to change due to circumstances and ongoing communication with your midwives and health care team will help you understand and adapt to the process.\*\*\*

My midwives are: \_\_\_\_\_

My birth companions are: \_\_\_\_\_

Who do you want in the room at the time of the birth: \_\_\_\_\_

\_\_\_\_\_

Desired birthplace: \_\_\_\_\_

Do you have any dietary restrictions/requests/observances: \_\_\_\_\_

\_\_\_\_\_

Do you have a disability that should be considered during your labour and birth and what would help you during this time?

\_\_\_\_\_

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Are there any cultural or religious needs that you would like to share with us?

\_\_\_\_\_

- Mehran Bordbar RM • Kristen Campbell RM • Stella Capisciolto RM • Melissa Chan RM • Sarah Davies RM
- Vanessa Dixon RM • Sarah Fallis RM • Jennifer Gardiner RM • Tracy Gerster RM • Kambili Husbands RM
- Shannon Jones RM • Nabal Kanaan RM • Sophia Kehler RM • Sarah Leslie RM • Melinda Levy RM
- Christie Lockhart RM • Katherine O'Brien RM • Simone Rosenberg RM • Kirsten Taylor RM
- Esther Willms RM • Sarah Wilson RM

**If you have children:**

Is there something in a past birth that you loved and would like again?

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Is there something in a past birth that you didn't like and would like to avoid?

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What are your plans for childcare? \_\_\_\_\_

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**Can you share your thoughts about these labour and birth options?:**

Water (bath or shower) for pain management? \_\_\_\_\_

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Using alternative remedies? \_\_\_\_\_

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Nitrous oxide/laughing gas for pain relief? (available only at the TBC)

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Using Epidural Anesthesia? \_\_\_\_\_

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Using artificial rupture of membranes? \_\_\_\_\_

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Doing active or expectant management of the 3rd stage (delivering the placenta)?

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Is there an ideal position you want to give birth in: \_\_\_\_\_

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If interventions are needed during your birth like oxytocin, an episiotomy, forceps, vacuum, cesarean section is there anything you need during this time?

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How do you feel about skin to skin between you and baby and between baby and your birth companion(s)?

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Who would you like to cut the babies cord? \_\_\_\_\_

What are your plans for feeding the baby? What do you know & how do you feel about breastfeeding/chestfeeding?

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If your baby needs to go to the nursery would you like your birth companion to go with the baby? \_\_\_\_\_

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Do you have an installed car seat with a checked expiry date?

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Is there something in your past life experiences that you predict may influence (give you strength and/or create a challenge for you) during your birth experience?

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Do you have any other questions, concerns or anything you would like us to know specifically about your upcoming birth? \_\_\_\_\_

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