

Dear Health Care Providers:

My birthing companion and I have chosen you, our health care provider, and you, our birthing facility staff, as the people we want to attend us when our baby is born. We have chosen the HypnoBirthing® method of quiet, relaxed, natural birth. From everything we have heard from others, we truly believe that you will do your utmost to help us attain our wish for a joyous, memorable, and most satisfying natural birth.

The information that follows is a copy of our Birth Preferences. We have given careful consideration to each specific request in our plan, and we feel that it represents our wishes at this time. We realize that as labor ensues, we may choose to change our thinking and wish to feel free to do so

We're looking forward to a normal pregnancy and birth and understand that these choices presume that this will be the case. Should a special circumstance arise that could cause us to deviate from our planned natural birth, we trust that you will provide us with a clear explanation of the special circumstance, the medical need for any procedure you may anticipate, and what options might be available. In such an event, please know that after we have had an explanation of the medical need and have had the opportunity to discuss the decision between ourselves, you will have our complete cooperation. In the absence of any special circumstance, we ask that the following requests be honored.

Please attach these requests to my prenatal record. I will provide other copies for [] hospital, Admissions [], my midwife [], birthing clinic staff []

Please make this information known to any other physicians, nursing staff, or midwives who may be attending the birth should you not be attending us.

Signed: _____
Parent(s)

Signed: _____
Care Provider



HypnoBirthing®

The Mongan Method

Birth Preferences

Mother's and Birth Companion's Names:

We have chosen you to be our care providers, and we thank you in advance for honoring our birthing preferences and assisting us in achieving a gentle and natural birth.

Welcoming our baby: We are preparing for our baby's arrival with HypnoBirthing®, and we anticipate a calm, natural birth. We will be using special breathing techniques and relaxation, including self-hypnosis. My birth companion will be actively involved in our birthing. He/she has been fully prepared to support me in decisions and techniques regarding our baby's birth. Please include him/her in all discussions as labor advances. We ask for your understanding and accommodation to the requests outlined below, allowing our labor and birth to unfold as naturally as possible. These preferences are forwarded with the understanding that should an unexpected special circumstance arise, you will have our full cooperation after discussion and explanation. With this goal in mind, we list the following preferences:

Onset of labor:

- To allow labor to begin naturally unless induction by medical means is truly needed for the safety of my baby or me.
- To remain at home until labor is well established

Admission to hospital:

- To return home if labor is not well established at 4 cm. to 6 cm.
- To have birth companion ensure that mother maintains fluid intake and output.
- To enjoy only intermittent fetal monitoring, unless medical indication requires otherwise
- To discuss my "comfort level," rather than a "level of pain" or being shown a pain scale
- To feel free to dim the room, have soft music playing, and lower bed rails for peri-natal bonding
- To have bed rails lowered to encourage perinatal bonding

During Opening and Thinning:

- To feel free to walk, move about, and to find the most comfortable and effective positions
- To allow for an undisturbed rhythm and flow of natural labor with few or no vaginal exams
- To labor in tub if one is available—if not, to choose the shower
- To be relieved of blood pressure cuff and fetal monitor belts between readings
- To snack and drink as desired if labor is prolonged

- To forego medical interventions, including rupturing of membranes and augmentation, without clear medical need. Membranes to remain intact until baby is fully born.
- To use natural means before moving to intervention if baby requires more optimal repositioning
- To exercise patience if labor slows or rests, and use only natural means to stimulate labor if needed
- To have full explanation and discussion of medical need and alternatives before moving to intervention

During Descent:

- To assume a position of my choice, change position, or remain in a relaxed pose
- To breathe my baby down to crowning with prompts from only my Birth Companion
- To bear down only when my body is in surge, using the natural expulsive reflex

During Birth:

- To allow baby to emerge physiologically, free of assist unless needed
- To suction airway only if medically necessary
- To have father or mother receive baby once head and shoulders are born
- To allow time for the placenta to be released physiologically
- To use artificial oxytocin injection to prevent hemorrhage only if there is clear indication of need

For Baby:

- To dry or wipe baby gently with a soft fabric if necessary.
- To have baby placed directly on mother's abdomen. Dad will join in.
- To allow cord pulsation to cease before cutting cord.
- To allow baby to crawl to breast and self-attach for first feeding
- To apply prophylactic eye medication after family bonding time.
- To use oral Vitamin K in multiple doses or delay Vitamin K injection
- To have baby remain with mother and birth companion at all times

We thank you in advance for your kind support and assistance in helping us meet our goal of a beautiful, natural birth.