

# MOM & BABY birth wishlist

Name: \_\_\_\_\_ Baby's Name: \_\_\_\_\_

Doctor/Midwife: \_\_\_\_\_ Support Person(s): \_\_\_\_\_

Use this checklist to guide your discussion with your practitioner before your delivery at our Tallahassee Memorial Alexander D. Brickler, MD Women's Pavilion. Note your preferences and give copies to your caregivers upon your arrival. We will do everything in our power to help you meet your birth goals. We encourage you to be flexible, as safety concerns for you and/or your baby may require a different medical plan.

## Baby-Friendly

As Leon and the surrounding counties' only accredited Baby-Friendly Hospital, our evidence-based practices help promote bonding to set you and your baby up for the best possible start.

- **Skin to Skin**  
If safe for baby, skin-to-skin contact is made immediately after birth.
- **Delayed Bath**  
Bath is delayed for up to 24 hours after giving birth.
- **Promoting Breastfeeding**  
Through expanded resources, we promise to give you every opportunity to breastfeed your child.
- **Rooming In / Rest and Recovery**  
Research shows that mothers and babies rest better when in the same room. You will have a 24-hour period focused on bonding, relaxation and recovery immediately following the birth.

## Labor and Delivery

- I'd like to walk and move around as I choose if it is safe for me and my baby.
- I'd prefer intermittent fetal monitoring if it is safe for my baby.
- If I need an IV, I prefer a saline or heparin lock (a small tube connected to a catheter in a vein that can be capped or uncapped for easy IV access).
- I prefer to let my water break naturally.
- I plan to use natural pain relief techniques (such as breathing techniques, hypnosis, massage, showering and changing positions).
- I'll decide whether to use pain medication as my labor progresses.
- I'd like to be offered an epidural or other pain medication as soon as possible.
- I'd like to be allowed to push when and how I feel I should.
- I'd like to be coached on when to push and for how long.
- If able, I'd like to choose the position I deliver in (such as squatting, semi-sitting, lying on my side or on my hands and knees).
- I'd like to view the birth using a mirror.
- I'd like to touch my baby's head as it crowns.
- I'd like to discuss having an episiotomy versus tearing naturally.
- I prefer to use tools to help labor progress, such as birthing ball, tub, etc.
- I'd like my baby to be dried off before being brought to me.
- I'd like to wait until the umbilical cord stops pulsating before it's clamped and cut.
- I'd like my support person or attendant to cut the umbilical cord.
- I made arrangements to store my baby's cord blood:  
\_\_\_\_\_  
\_\_\_\_\_

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# MOM & BABY

## birth wishlist cont.

### Family Care & Postpartum

- I'd like all procedures that are done and medications that are given to my baby to be explained to me beforehand.
- I'd like my baby evaluated and bathed in my presence.
- If my baby must be taken from me to receive medical treatment, I'd like \_\_\_\_\_ to go with him or her.
- I plan to exclusively breastfeed my baby while in the Women's Pavilion.
- I'd like assistance to help me learn to breastfeed.
- I'd like to be consulted before my baby is offered a bottle or a pacifier.
- I plan to feed my baby formula.
- If my baby's a boy, I do/do not want him to be circumcised at the hospital.  I do  I do not
- If my baby is taken away and it is appropriate, I would like my support person to follow my baby.  
\_\_\_\_\_  
\_\_\_\_\_
- Additional notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### If a Cesarean delivery (C-section) is necessary

- I prefer an epidural or spinal block and to remain conscious during the procedure.
- I would like my hands to remain free so I can touch my baby after they are born.
- If possible, I would like my support person to be in the operating room for the procedure.
- I prefer to know what is going on during the procedure with regular updates from my medical team.
- If skin-to-skin is not possible in the delivery room, I would like my support person to do skin-to-skin until I am in recovery.
- If my baby is taken away and it is appropriate, I would like my support person to follow the baby.
- I would like the placenta to be donated.
- If possible, I would like my support person to be allowed in the recovery area.
- I would like to breastfeed as soon as possible after delivery. \_\_\_\_\_  
\_\_\_\_\_
- Additional notes: \_\_\_\_\_  
\_\_\_\_\_

### If baby needs care in our Neonatal Intensive Care Unit

One in 10 babies need care in a Neonatal Intensive Care Unit (NICU). While most families will not need it, parents can take comfort in knowing TMH is home to both a Level II and the region's only Level III NICU.

- If possible, I prefer to provide breast milk for my baby through pumping.
- I would like to see my baby as soon as possible after delivery.
- I would like my support person to follow my baby to the NICU. \_\_\_\_\_
- Additional notes: \_\_\_\_\_  
\_\_\_\_\_

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