

Birth Preferences

At Maidstone and Tunbridge Wells NHS Trust, we endeavour to provide you with the right support to create a positive birth experience. To help us better respond to your needs, you could try to identify your birth preferences. You can print this and include it in your notes for health professionals to read while caring for you.

Writing your birth preferences is a good opportunity to talk about your options with your community midwife or birth partner. Below are a few topics you might like to consider.

The birth environment:

In which setting would you like to have your baby? (Home, Birth Centre, Hospital)
What would you like the atmosphere to be like? (Lighting, noise, people present, equipment)

Coping strategies in labour:

Would you like to be encouraged to be mobile and stay active
How would you like to manage the contractions in the first stage (breathing, water, pain relief methods)
Which positions would you like to use in the first stage of labour and to deliver your baby

Pain management options:

Do you feel strongly about any form of pain management?
Are you happy to explore alternative therapies? (hypnobirthing techniques, sterile water injections, aromatherapy)

Interventions in labour and birth:

Do you feel strongly about any intervention? (induction, monitoring, vaginal examinations, episiotomy, forceps, ventouse...)

Meeting your baby

Which position would you like to give birth to your baby?
Would you like to have your baby placed skin to skin immediately?
Do you agree to your baby having a vitamin K injection?
How would you like to birth the placenta?
Are you planning to breastfeed?

Are there any other special circumstances you would like to discuss?