



## Caesarean Birth Preferences

### Birth Person

Name:

Pronouns:

Estimated Due Date:

### Birth Partner

Name:

Pronouns:

Contact Number:

### Before Surgery

- ECG dots on back
- IV in left hand
- Catheter inserted after anesthesia has administered
- My music playing
- Talked through what is happening
- Calm and quite
- No students – only necessary medical staff present

### Birth

- Screen lowered
- Baby to be born gently
- Hands free to hold the baby
- I want to lift the baby out
- Baby to be delivered onto my chest
- No forceps
- Photos/ Video
- Optimal cord clamping
- Keep the placenta/ placenta encapsulation
- Vaginal Seeding
- Skin to Skin

### Baby

- Do not wash the baby
- Delay weighing and measuring
- Vitamin K drops
- Plan to breastfeed in recovery room
- Skin to Skin with birth partner
- Do not separate baby from either me or birth partner