



Second baby



Feeling happy
and confident

My Birth Preferences



First Stage



Low lighting

Free movement



Music
playlist supplied

Minimal cervical
checks



Students OK

Small snacks
water sips



Massage and
TENS machine
for pain

Second Stage



Supported squatting
(Bar or Alice to support)

Water birth
preferred



Quiet voices
No guided pushing

Hypnobirthing
affirmations
with Alice



No drugs to be offered

Max to be primary support
Please tell them about
procedures first
Max to then discuss with me

Third Stage



Shell to have
immediate skin to
skin & first feed
no wiping



Shell to cut cord
no cord traction
no pitocin



Cord tie supplied

Max to save placenta
bowl supplied



Golden hour to be
observed

Max to assist
weight & measure



Emergency

Please discuss
emergencies
with Shell
inside room



Gentle cesarian
preferred in
emergency
Screen lowered

Shell and Max
present.
Alice to be present
for golden hour

All other preferences to be kept the
same