

## 10 Tips to Writing your Birth Preferences

- #1 DO keep it short, simple, and easy to understand.
- #2 DO keep the language assertive and clear.
- #3 DO use your preferences as an impetus for doing your own personal research about your preferences for birth.
- #4 DO include your fears, concerns, and helpful things for others to know that could affect your labor, delivery and/or birth.
- #5 DO review your preferences with your care provider and make sure are onboard as long as situations permit.
- #6 DO make your preferences personal. Make sure that you understand, have researched, and can elaborate on them.
- #7 DO look at examples of good birth preferences to get some ideas.
- #8 DO run through scenarios in your mind about how labor could unfold and actually talk these scenarios out.
- #9 DO try to treat researching and birth preference writing as a fun and exciting experience, not a chore!
- #10 DO remember to share them with me, your doula, and bring your birth preferences to the hospital.

### One example is an outline using bullet points.

State your name and who your birth team is that will be laboring with you.

Our Goals (Pain management, Environment, etc.)

- Preference 1
- Preference 2

In case of unexpected situations or emergencies

- Preference 1
- Preference 2

Newborn Care

- Preference 1
- Preference 2

### Another Example is visual preferences

Visual can be nice as it is quick and easy to discern what mama would like. Here's are a couple links for how to customize one for yourself.



<https://www.mamanatural.com/visual-birth-plan/>



<https://thebestseasonofmylife.wordpress.com/tag/birth-plan/>

