

Birth Preferences Template

“Crunchy” for Teale McCathern

MOM'S INFO

DOB: 08-14-1990
 Estimated Due Date: 09-10-2025
 Partner Name: Sean McCathern
 OB/Midwife: TG Anna Lee, CNM

Pediatrician: Dr. Drysdale (M)
 Allergies: Environmental
 Medical Conditions: Warm Antibody Screen
 GBS Results: negative

SPECIAL NOTES

My intention is to have an unmedicated labor with minimal medical intervention. I would like to breathe through my surges and use self hypnosis techniques to manage my contractions. I would like time alone with my spouse at times, as my love language is physical touch I may need Sean's support to calm my nerves and surrender. I also understand I have the right of informed refusal. We will be accompanied by our Doula, Laura Burgess. She is a DONA certified Birth Doula. Thank you for your support and care of our family!

EARLY AND ACTIVE LABOR PREFERENCES

Minimal pain medications - If needed, I would like the option to take a light weight pain killer

Minimal cervical checks - would like Sean to perform if this data is needed.

Intermittent Monitoring - **No Continuous Fetal Monitoring**

I will move freely throughout labor and would like to utilize the tub/shower and cycle through the birth stations.

Teale's husband Sean and her mother Trish will be allowed in birthing room to support her. Teale's mom will be on backup support to give Sean breaks as needed. (Teale's Aunt Norine lives in the neighborhood, and can provide a close by space for her sister between birth room visits, and can be a place for us to go if we are sent home / active labor stalls.)

PUSHING PREFERENCES

I will push when I feel the urge to do so.

Some coached breathing ok.

Some coached pushing in beginning ok.

Freedom to move and try different positions.

Anna or Sean will catch the baby, ask in the moment.

PLACENTA AND BABY PREFERENCES

Baby to chest/belly for immediate skin-to-skin. I will be breastfeeding, please assist with initial latching.

No wiping or bulb suction.

Golden Hour with minimal interruption (alone time with husband and newborn, Arden)

No vitamin K or Hepatitis B vaccine, or Erythromycin eye ointment.

No cord clamping/cutting until Cord is white, & Arden has all his blood. My partner will cut the umbilical cord.

I don't want to keep the placenta.

IN CASE OF CESAREAN/COMPLICATIONS FOR BABY

My partner and/or I to be present at all times with the baby.

No formula or pacifiers without my consent

I will breastfeed or provide hand-expressed milk/colostrum and will cup/spoon/syringe feed.

Baby should be held/doing skin-to-skin with myself or dad as soon as possible.

Cesarean specific:

Heart monitors on my back instead of on my chest for ease of breastfeeding.

Clear drape so I can see my baby immediately.

Delayed cord clamping for as long as possible or until stops pulsating.

Umbilical cord to be left longer for my partner to cut later.

The newborn tests and procedures to be delayed until after first breastfed.

Skin to skin contact with mom and breastfeeding in the operating room or as soon as possible.

OTHER [NOTES FOR DOULA]

Use essential oils in diffuser (Insensuous custom blend: Jasmine, Rose, Lavendar). **No eucalyptus.**

We will bring Teale's laptop to play music and a bluetooth speaker and a separate device for taking pictures/video.

Read hypnobirthing script (Sean's voice recorded). Play hypnobirthing track found in Sean's old android (Pixel7).

Contact Telegram Group "Arden Updates" when baby is born to let them know we are both healthy and safe Fill my water cup with Raspberry Lemonade or Lemon Lime Liquid IV electrolyte packet.

Offer me RX Protien Bars. The meal I want after birth is Steak / Red Meat, possibly BBQ Nachos from Serious TX.