

BIRTH PREFERENCES

Preferred Birth Place Home Birth

Preferred Pain Relief Water, aromatherapy

I Would Like To Avoid Vaginal examinations

Need To Know Using hypnobirthing ➡ please address Birth Partner
Please don't offer pain relief

I Would Like...

Ideal Induced Assisted GC

Home birth	✓			
Water birth	✓			
Aromatherapy	✓	✓	✓	✓
Hypnobirthing audio	✓	✓	✓	✓
Upright positions	✓	✓		
Physiological 3rd stage	✓		✓	
Optimal cord clamping	✓	✓	✓	✓
Skin to skin	✓	✓	✓	✓

*GC = Gentle Cesarean

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