



The Association for

Wholistic Maternal and Newborn Health

Promoting Mother-Baby Friendly Maternity Care

Birth Planning:

VALUES CLARIFICATION EXERCISE

Before deciding where and how to have your baby, it's important to determine your values and needs. These things will determine your choice of birth support provider and place of birth.

The purpose of this exercise is to help you realize what is important to you about your birth, and help you set priorities. Use this to help talk with your care-providers about what you want. You can also use this when preparing your "Birth Plan".

Instructions: Number in order of priority, place #1 next to the most important item, then rate your priorities from most important to least important. You will also rate what's most important about your midwife or doctor.

WHAT IS MOST IMPORTANT TO YOU ABOUT YOUR BIRTH EXPERIENCE?

- To have the most advanced safety equipment "just in case."
- To avoid using drugs in labor
- To avoid pain
- To avoid having a cesarean section
- To have minimal interference
- To have a medical doctor present
- To labor and give birth in the same place
- To have my partner (family member) be present during the labor and birth
- To have other supportive people present (friends, family members, doula)
- To have my other children present
- To be in quiet, peaceful surroundings
- To be able to welcome the baby gently (dim lights, warm room, etc.)
- To have the baby with me after the birth (no separation)

___ To labor and/or give birth in a watertub

___ To be able to use a bath or shower for pain relief

___ To feel at one with the energy, my partner, the birth attendants throughout the birth

___ To be able to do what I choose in labor (change positions, walk, drink fluids, eat)

___ To maintain a spiritual perspective throughout the birth

Wild Card (write your own): _____

WHAT IS IMPORTANT ABOUT YOUR DOCTOR OR MIDWIFE?

Instructions: Rate your doctor or midwife

___ S/he has much experience and knowledge about normal birth

___ S/he believes in and can facilitate a natural birth

___ S/he has much knowledge of complications and emergencies and knows how to handle them

___ S/he charges a low fee, takes my insurance, takes Medi-Cal

___ S/he has a high regard for me and my partner's intuition and desires

___ S/he will be available throughout the experience, but not interfere with us except for when we ask for help

___ S/he will be there in early labor, throughout the birth, and follow up in the postpartum period

___ S/he will participate totally, tuned in to our feelings

___ S/he can be depended upon to do the right thing, make decisions, and take over during an emergency

___ S/he will consult us before doing anything, encouraging our responsibility

___ S/he will be with me during labor, birth and if there are any complications

___ We feel like friends instead of being in a "professional relationship"

Wild Card (write your own) _____

Adapted from: Special Delivery: Creating the Birth You Want by Rahima Baldwin and Terra Palamarini-Richardson (Celestial Arts Publishers)