

My Ideal Birth

Top 3 Priorities:

- 1.
- 2.
- 3.

NOTE: "Healthy Mom" and "Healthy Baby" are a given. Everyone wants that, and no one wants to compromise on those. Think beyond that to things like medication use (or not), immediate breastfeeding, avoiding episiotomy, keeping unwanted family members out, etc.

What kind of atmosphere makes you feel safe? (temperature, lighting, number of people, volumes, etc.)

People who make you feel safe and comfortable:

What things (music, tub, birth ball, etc.) would you like available to you in labor?

Think about that moment you first hold your baby. When you do, what things are important to you?