

Birth Preferences to support your Hypnobirthing Journey

Setting the scene

- What language would you like to use? What would you like to avoid? (e.g. avoid the words “pain” and “contraction”)
- Would you like music or birth hypnosis to be played in your room
- Would you prefer low/dim lighting?
- Would you prefer a water birth_ use birthing balls, bean bags
- Would you like to bring positive birth affirmations into your birthing room to read and maintain focus?

Birth Support

- Who will be present for your birth and what will be their role? Do you want us to discuss any issues/questions with your birth partner to leave you undisturbed?
- Are you happy for a student midwife to support and assist you with your birth
- If there are concerns about your baby’s wellbeing how would you prefer this to be communicated? (Remember that hypnobirthing techniques can be used in any circumstances-stay focused!)
- Would you like to be offered pain relief or prefer to communicate this only if you feel it’s required?

Welcoming your baby

- Would you like baby delivered straight onto your chest for skin to skin contact
- Would you prefer delayed cord clamping if possible
- Would you like the gender of your baby announced or to discover for yourselves?
- Who would like to separate baby from the cord?
- Would you welcome support to breastfeed your baby?
- Would you like your baby to have vitamin K?

Birth of your placenta

- Would you like to birth your placenta naturally (physiological) or with syntometrine injection (active management)
- Would you like to take your placenta home or have you made private arrangements for encapsulation/stem cell storage?