

Things to think about for your birth wishes

Who will be your labour support person?

Who else do you want to have with you during labour or as a backup?

What positions would you like to try during labour? It helps to have a few positions in mind.

In what position would you like to give birth?

What are your thoughts on handling labour pain? What's your first choice on handling labour pain? What's your second choice?

Will you be breastfeeding immediately after your baby is born?

Who do you want to cut the umbilical cord?

What traditions from your community, if any, would you like to follow?

Would you, your baby and your labour support person like a few minutes alone right after the birth, if possible?