

Birth Preferences

We are very interested in your wishes and would love to hear what you need to approach your birth with confidence. We don't know how your birth will unfold — no one does. Your story is yet to be written.

Like you, our* goal is a birth without unnecessary medical intervention and with a healthy mother and baby as the outcome.

What we mean by standard care:

- Communicating clearly and openly with you.
- Giving you as much freedom of movement as possible.
- Keeping the lights dim whenever possible.
- You can choose whichever position feels comfortable for you during labour and pushing — we will assist if needed.
- We only perform an episiotomy if it is medically necessary, but we prefer to avoid it.
- We always wait to cut the umbilical cord until it has stopped pulsating, and one of you can cut it if you wish.
- We place your baby directly on your chest and encourage as much skin-to-skin contact as possible.
- If you plan to breastfeed, we wait for the baby's cues and aim for the first feed within one hour after birth.
- If you'd like, we can take photos during the birth using your camera.
- If you wish, you can catch your baby yourself as they are born.
- You may keep the placenta if you'd like; if not, we will dispose of it for you.

Frequently Asked Questions

- At home or in the hospital/birth centre, you may use our birthing stool.
- A birthing pool is available in most hospitals or birth centres (sometimes for an additional fee). If you'd like to use one at home, you can rent it via www.bevallingsbaden.nl.
- Lighting in hospitals or birth centres can be dimmed.
- There's no sound system available in the hospital or birth centre, so please bring your own music if you'd like.
- Birth balls are available in the hospital or birth centre. If you'd like one at home, you can purchase your own.

**By "we" we mean the midwives at Witsenkade and the gynecologists, nurses, and maternity care assistants we work with.*

[Type here]

“Nothing human is foreign to us.”

[Type here]

Birth Preferences

Birth preferences of:

We have prepared for birth with a course: yes/no — name of course:
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What do you need to feel confident going into your birth?

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What can you do to feel safe, connected, and empowered during labour?

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What can we do to help you feel safe, connected, and empowered during labour?

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What is important for us to know about you?

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Anything else you'd like to mention?

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[Type here]

“When you focus on the good, the good gets better.”

[Type here]

[Type here]

“Nothing human is foreign to us.”

[Type here]

Practical Information

People I would like to be present at my birth:

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Name of maternity care agency:

Phone number:

My current preference for place of birth:

Undecided — we’ll decide during labour

At home

In hospital or birth centre

If I go to the hospital/birth centre during labour, my preferred locations are:

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My current thoughts about pain relief:

Undecided — we’ll decide during labour

I prefer not to use pain medication

I prefer to use pain medication, and my current choice is:

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For clamping the umbilical cord, I would like to use:

Cord ring

Cord clamp

Other practical notes or wishes:

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“I can never lose control, because I never had it — and that’s OK.”

[Type here]

“When you focus on the good, the good gets better.”

[Type here]