

We are:

This is our first /second / ..... child

Present at the delivery will be:

Preferred place of delivery:

home

hospital

I don't know yet

other:

I have prepared myself by:

## EXPECTATIONS & MINDSET

When I think of giving birth then:

I am looking forward to:

I'm afraid of / I don't look forward to:

## COMMUNICATION & GUIDANCE

The midwife will do everything in consultation with you and your partner. If a medical complication occurs, there may be little time for long counseling. Sometimes the midwife must act immediately in the interest of you and/or your child. Afterwards, the midwife will explain what she did and why. When making decisions I like it when:

All necessary information without too many details are discussed.

I am taken along by the midwife or gynecologist in all the different options, including pros and cons.

To feel safe/comfortable helps:

What I like and expect from my partner is:

What I like and expect from my midwife or gynecologist is:

With regard to how I am treated, I think it is important that:

What you notice about me and how to help me when I am scared, anxious or panicked:

# WISHES

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Are there things you like/don't like during the contractions?  
For example regarding atmosphere, internal examination, counseling?

Are there things you like/don't like during pushing ?  
For example coached pushing, pictures?

Are there things you like/don't like after delivery?  
For example, waiting for the umbilical cord to stop pulsating, photos, wishes regarding the placenta, breastfeeding?

## BIRTHPOSITIONS

- Lying on bed
- Half-sitting on bed
- Waterbirth
- Hands and knees
- Other:
- Birthing stool
- Standing
- Crouched standing

Of course, you are always free to decide during labor which position is best for you at that moment!

Your midwife or gynecologist will give you advice if necessary if they expect that a particular position might help you.

## PAIN RELIEF

I (may) want to use non-medicated ways (bath, shower, TENS) of pain relief, if so which?

Medicated pain relief (epidural or remifentanyl) is what I want:

- Yes
- Maybe
- (Rather) not

Note pain relief:

## COMMUNICATION & GUIDANCE

Sometimes labor turns out differently than you had hoped, wanted or expected beforehand.

*For example, transfer to a gynecologist, induction, cesarean section or a baby needing extra care after birth. When a medical indication occurs during your delivery, the midwife will transfer care to the hospital's gynecologist, clinical obstetrician or physician assistant. After that, the gynecologist is fully responsible for your delivery.*

How do you feel about medical procedures in general?

Are there things you consider important, like or prefer not to do in such a case?

Are there any actions or interventions you do or do not want? Why (not)?