



Your Childbirth With Us

We're With You Every Step of the Way

As you approach your due date, you may be wondering what to expect on the special day your baby arrives. We're here to help you think about the options you may have during labor and the exciting moments after childbirth.


Honoring your preferences

During your care with us, we will:

- Listen to you and take your concerns seriously.
- Support your wishes for coping with labor and feeding your baby.
- Ask for your consent before exams or procedures for you and your newborn.

Ensuring your comfort and safety

We have a diverse care team, and your comfort with them is important to us. If you have preferences about your clinicians, let us know so we can discuss this together. To help promote a healthy delivery, we will:

- Assist you with birthing positions so your labor progresses.
- Offer you various methods to cope with labor. Learn more at kpdoc.org/copingwithlaborvideo. 
- Recommend placing an IV for medication. We can cap off your IV so you can move around.
- Provide light meals and fluids to stay nourished and hydrated in early labor.
- Monitor your baby's heartbeat throughout labor. Learn more at kpdoc.org/monitoringyourbaby. 
- Avoid unnecessary cesarean births (C-section) or routine episiotomies (a cut to enlarge the vaginal opening). If a C-section is needed, we'll support your preferences as much as possible, including holding the baby skin-to-skin in the operating room if you're both feeling well.

- Ensure clinicians in training work closely with supervising staff.
- Safeguard against discrimination and health disparities.

Bonding and feeding

Uninterrupted, skin-to-skin contact with your baby during the first hour after birth ("golden hour") helps your newborn transition and begin feeding. Your baby will stay with you in your hospital room to promote bonding, feeding, and sleeping for both of you.

If you plan to breastfeed or chestfeed, we recommend:

- Starting within 1 hour after birth, if possible. Your early milk (colostrum) is the perfect first food for your baby.
- Avoiding formula while your baby is learning to latch, unless it's needed for medical reasons.

Our staff, including lactation consultants, are well trained to support you in the hospital and when you return home.

Learn more at kpdoc.org/breastfeeding. 

If you're not planning to breastfeed or chestfeed, we'll teach you how to safely feed your baby.

Caring for your baby

To get a healthy start, we'll delay umbilical cord clamping and your baby's first bath when possible.

We also recommend 3 important medications for your baby right after birth:

- Vitamin K injection to prevent bleeding problems
- Hepatitis B vaccine to prevent hepatitis B liver disease
- Antibiotic (erythromycin) ointment to prevent eye infection

If you're considering circumcision for your baby, we encourage you to decide before giving birth.

Preferred Name: _____

MR#: _____

Let us know who you'd like to be present at your birth (partner, family member, friend, doula, other):

If possible, I'd like the cord cut by: _____

Coping with labor

Which options will make you feel most comfortable and safe during and after labor? Check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> Staff assistance in managing visitors during my stay | <input type="checkbox"/> A quiet environment |
| <input type="checkbox"/> Lights dimmed | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Music played on a device that I'll bring | |

Which coping methods do you prefer? Check all that apply:

- | | |
|---|---|
| <input type="checkbox"/> Non-medication approaches, such as walking, visualization, and breathing techniques | <input type="checkbox"/> IV pain medication |
| <input type="checkbox"/> Tools such as a warm shower or bath, TENS, or sterile water papules (varies by medical center) | <input type="checkbox"/> An epidural |
| <input type="checkbox"/> Nitrous oxide | <input type="checkbox"/> I'll decide during labor. |
| | <input type="checkbox"/> I don't want to be offered pain medicine even if I seem uncomfortable. I'll ask for it if I need it. |

Monitoring your baby

With continuous monitoring, we watch your baby's heartbeat throughout your entire labor with monitors secured to your belly. Certain situations require continuous monitoring. If you're at low risk, we may be able to check your baby's heartbeat at regular intervals (intermittent auscultation), which can give you more freedom of movement. Which option do you prefer?

- | | |
|---|--|
| <input type="checkbox"/> Continuous electronic fetal monitoring | <input type="checkbox"/> Intermittent auscultation |
|---|--|

Feeding preferences and history

Tell us how you plan to feed your baby in the first 6 months. Check all that apply:

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Breastfeed or chestfeed | <input type="checkbox"/> Formula |
| <input type="checkbox"/> Pumped milk | <input type="checkbox"/> Other: _____ |

I'd like my care team to know:

- | | |
|---|--|
| <input type="checkbox"/> I've had problems breastfeeding or chestfeeding in the past. | <input type="checkbox"/> I'm unsure how I plan to feed my baby. I'd like more information to help me plan. |
|---|--|

List any questions or fears you have about childbirth, feeding your baby, medical procedures, or your hospital care providers. Is there anything else you'd like your care team to know to support you?

Sharing cultural, religious, and family traditions

List any traditions you have, such as taking the placenta home, saying a prayer after childbirth, or eating preferences that you'll observe while in the hospital, so your care team can support you:

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

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