



Guided By You  
Midwifery

# Birth Preferences Checklist

Thinking about your birth preferences can help you feel calmer and more prepared

## Things to consider

- Who would you like with you during labour
- Whether you would like music or low lighting
- Pain relief options
- Preferences around monitoring
- Positions for labour and birth
- Delayed cord clamping
- Skin to skin contact / Golden hour
- Feeding preferences

Remember that birth can be unpredictable, so flexibility is important too.

**If you would like support creating your birth preferences or discussing your options for labour and birth, please get in touch. I can offer calm, personalised care to help you feel informed, reassured and confident in your choices.**

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