

# What Matters Most During My Birth?

Use this worksheet to think about the things that matter to you in the care you receive during your birth.  
Put a check in the box for each item based on how important it is to you.

Visit [EveryMotherCounts.Org/ChoicesInChildbirth](https://EveryMotherCounts.Org/ChoicesInChildbirth) to find more resources about the options listed.

	One of my TOP PRIORITIES	IMPORTANT to me	NOT THAT IMPORTANT to me	Need to LEARN MORE*
<b>Care Team &amp; Place of Birth</b>				
Privacy in labor, birth, and postpartum				
A doctor to attend my birth				
A midwife to attend my birth				
Having my partner as involved as possible in the birth				
A doula for labor support				
A place that can do a c-section quickly if needed				
Support from someone who shares my ethnic or cultural background				
Easy access to a neonatal intensive care unit (NICU) if my baby needs it				
<b>Comfort and Pain Management</b>				
Birth with as little pain as possible				
Having many options for comfort and pain relief				
The option to use a tub for labor pain relief				
Using an epidural for labor pain relief				

	One of my TOP PRIORITIES	IMPORTANT to me	NOT THAT IMPORTANT to me	Need to LEARN MORE*
<b>Other Labor Care</b>				
Having labor start on its own				
Being able to walk and move around in labor				
Avoiding vaginal exams unless needed				
Avoiding Pitocin to speed up labor unless needed				
Being actively involved in medical decisions about my care / my baby's care				
<b>The Birth Itself</b>				
Having a vaginal birth				
Choosing which position I give birth in				
Having a water birth				
Avoiding an episiotomy				
The ability to hold my baby skin-to-skin after birth				
The option to wait before clamping the umbilical cord				
<b>After the Birth</b>				
Keeping my baby with me after birth				
Having help learning to feed my baby				
Resting after birth before going home				
Going home as soon as my baby and I are ready				
<b>Write Your Own</b>				

★ Visit [EveryMotherCounts.Org/ChoicesInChildbirth](https://EveryMotherCounts.Org/ChoicesInChildbirth) if you need to learn more before deciding what's most important to you. You'll find videos and other resources and have the option to connect with a doula or educator to help guide you.

