



Sweet Beginnings
5610 Turkey Ln. Las Vegas, NV 89131
702-349-2135 702-202-1884 (fax)
www.sweetbeginningslv.com

Birth Story

Please express how you imagine creating your baby's birth.
Close your eyes, see it, feel it, and write it!

List the people you will like to have at your birth and their functions/rolls during your labor, birth and postpartum.

In general, how do you cope with stress?

How do you cope with physical discomfort/ pain?

What are the words that you will like to hear from your partner/ family/birth team that will empower you to keep going? What will recharge you?

Do you like massage, where?

Do you want a land or water birth?

Do you like baths and/or showers during labor?

Do you like aromatherapy, incense? What scents?

Do you like music, candles? What environment you want to create for your baby's arrival?

Do you want pictures, video of your labor/ birth? Who will be doing that?

Do you want to feel for your own dilation, crowning, and catch baby? Your partner is up for it?

Do you want oil and perineum support during crowning?

Do you want to do cord blood banking?

Who wants to cut the cord?

If you have older children, how do you want them to be involved during labor and birth?

What will you like to have available to eat and drink while in labor and immediate postpartum?

Do you want to shower after the birth or sponge bath in bed?

Do you want us to bath baby after birth with your partner/family member or you prefer to do it at a later time as a family event?

What are your placenta's plans?

Are you planning on breastfeeding?

Are you co-sleeping?

These answers will be great tools for your birth team to facilitate, and personalize your care.

THANK YOU AND HAPPY BIRTHING!

