

I want to ensure that I, my baby and birth partner are treated with respect, dignity and kindness at all times by creating a safe space with professionals that understand and are sympathetic to my circumstances.

About Us

- My name is _____
- I want to refer to my baby/babies as _____
- My birth partner is called _____ who is my _____
- I would like them to be with me during labour
- If I require a caesarean section I would like my birth partner to be with me
- I would like my birth partner to be present and actively included in all conversations regarding all options regarding pain relief, delivery etc
- I want to ensure there is somewhere for my birth partner to sleep
- I would like my birth partner to be offered food when I am _____

My hospital care team

- I want to minimise the number of people coming into the room, and do not want anyone entering the room unless they fully understand our situation. This includes doctors, midwives, cleaners, catering staff etc
- I do/do not want a student midwife in the room, and understand that if I change my mind can ask the student midwife to leave
- I wish/do not wish to see the bereavement midwife

Pain Relief

- During labour I would like the to have explained to me different forms of pain relief available and the side effects if and when I decide to use them.

Memory making and spending time with baby

- I wish for my birth partner and I to hold our baby as soon as possible after birth
- I want my baby to have their hand and footprints taken
- I want the midwife to take photos of myself and my partner soon after birth
- I wish to have the baby dressed in the clothes I have bought in
- I want to spend as much time with the baby as possible
- I wish to receive a memory box if the hospital has one
- I would like the midwife to tell me what the baby looks like
- I would like the following items to stay my with child/children

Any other comments

Visitors

- I wish/do not wish to have visitors see our family
- If possible, I would like a midwife to meet with visitors before they see us and explain helpful things to say and not say

Aftercare

- I wish to be given medication that stops breast milk production
- I wish to have explained to me what therapeutic/bereavement support is provided either by the hospital or in the local authority, and be guided as to how I can receive this support as quickly as possible
- I would like support with funeral arrangements
- If possible, when leaving the hospital, I would like to not use the lift and exits that are the same as the maternity ward. I would like someone to explain alternative routes out of the ward.